

8. For the health and wellbeing of you and your baby, you are advised not to smoke, drink alcohol or use recreational drugs in pregnancy...

- ☐ I am aware of advice around the consumption of alcohol, tobacco/nicotine products and recreational/illegal drugs
- ☐ I am not sure/I would like to find out more

You can talk to your midwife or doctor for support with quitting smoking, drinking alcohol or taking recreational/illegal drugs.

My thoughts, feelings and questions:

Emotional health and wellbeing

Expecting a baby can be a joyful and exciting time, however it is also common for pregnant women to experience anxiety, depression or emotional distress.

9. I have a long term mental health condition that may affect my pregnancy...

- | | |
|---|---|
| <input type="checkbox"/> anxiety | <input type="checkbox"/> schizoaffective disorder |
| <input type="checkbox"/> depression | <input type="checkbox"/> schizophrenia or any other psychotic illness |
| <input type="checkbox"/> eating disorder | <input type="checkbox"/> postpartum psychosis |
| <input type="checkbox"/> post-traumatic stress disorder | <input type="checkbox"/> any other mental health condition for which you have seen a psychiatrist or other mental health professional |
| <input type="checkbox"/> personality disorder | |
| <input type="checkbox"/> bipolar affective disorder (also known as manic depression or mania) | |

If you have any of these conditions you should talk to your midwife or doctor as soon as possible as you may require specialist perinatal mental health support.

My thoughts, feelings and questions:
