

When to get help

If these tips don't help you, and you feel low or worried for more than two weeks, it may be something more serious. The good news is that you can get help to feel better. Talk to your midwife or doctor about your options and where you might get support.

The wellbeing plan

You can download and work on a two page personal plan, which helps you to think about your emotional wellbeing during pregnancy and after birth.

Download yours at:

- www.tommys.org/pregnancy-information/health-professionals/freepregnancy-resources/wellbeing-plan

You can also complete the Health and wellbeing in pregnancy plan in the Mum & Baby App



For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/mental-health-problemspregnant/
- **Best beginnings**
www.bestbeginnings.org.uk/out-of-the-blue
- **Netmums**
www.netmums.com/support
- **Mind**
www.mind.org.uk/
- **Tommy's**
www.tommys.org/pregnancy-information/im-pregnant/mentalwellbeing
- **Mush (The #1 local social network for making mum friends)**
www.letsmush.com