

need any extra support. Every woman is asked these questions. Even if you don't have a specific mental health issue, it's a good idea to talk to the midwife if you're feeling anxious or feel like you are isolated and/or do not have support.

### **Your midwife will ask you:**

- how you are feeling
- whether you have or have ever had mental health difficulties
- whether you have ever been treated by a specialist mental health service
- whether a close relative has ever had severe mental illness during pregnancy or after birth

It's important to be honest with the midwife about how you feel. They won't judge you, and they can help you get support or treatment if you need it.

If the midwife thinks you need more support after talking to you, they will refer you to the most appropriate service for your needs such as talking therapies, a specialist midwife, specialist perinatal services or your GP.

### **During your pregnancy**

It is not uncommon for mental health problems to start during pregnancy, so if you have any of the symptoms below at any point, speak to your midwife or doctor as soon as possible. If you are unwell they can arrange treatment to help.

- Feeling low or anxious most of the time for more than two weeks
- losing interest in things you normally like
- having panic attacks
- feeling worthless or guilty
- losing your appetite
- having unpleasant thoughts that keep coming back and you can't control them

