

Further questions

If you have any questions about mental health problems in pregnancy you can ask your midwife at your appointment. You can also contact your GP or one of the following organisations where they may be able to help:

Association of Postnatal Illness

Tel: 020 7386 0868
www.apni.org.uk

Manic Depression Fellowship

Tel: 0202 7793 2600
www.mdf.org.uk

Action on Puerperal Psychosis

www.bham.ac.uk/app

Netmums: www.netmums.com

For information, advice and support. You can also chat online to other mums with depression

MAMA (Meet-a-Mum Association)

www.mama.co.uk

Perinatal Depression Helpline:

0845 1203746 (mon-fri 7pm-10pm)

Saneline:

0345 678000 (12noon—2am)

Practical information, emotional support for anyone affected by mental health problems

Samaritans: 24hrs

08457909090 Email: Jo@samaritans.org

Sure Start Children's Centres

Have groups and/or individual sources of support that may be a help to you

Balmoral CC, Morecambe	01524 413524
Poulton CC, Morecambe	01524 833644
Westgate CC, Morecambe	01524 409569
Heysham CC	01524 85392
Lune Park CC Lancaster	01524 382818
Firbank CC Lancaster	01524 845319
Appletree CC Lancaster	01524 64132

Mental Health Midwife

Community Midwives Office

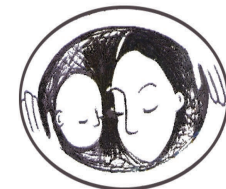
Royal Lancaster Infirmary:

Tel: 01524 583867

Mobile: 0777152868

University Hospitals 
of Morecambe Bay
NHS Foundation Trust

Your
mental health
during
pregnancy



Your mental Health during Pregnancy

**In order to provide care that is
Best suited to your needs, your
Midwife will ask questions at your
First antenatal appointment about
Your health to date. This leaflet
Explains why some questions
Relate to your mental health.**

Your midwife will ask you a number of questions in order to get a full picture of your health to date. These will include :

- **Finding out which illnesses you have had**
- **Seeing if you have had depression including antenatal and postnatal depression.**
- **Asking about illnesses such as manic depression (bipolar disorder) or puerperal psychosis (an uncommon illness which may lead to a woman being admitted to a psychiatric hospital after giving birth).**
- **Finding out if there is anything happening in your life at the moment that may make your pregnancy difficult.**

Q What happens if I let you know about my mental health problems?

A Your midwives will be able to take this into account in the care they provide for you. They will ask you a little about the problem and find out what help you think you might need. This could be additional appointments with your midwife, GP or mental health professional who has seen you before. If you and your midwife can not decide what is best she may ask if she can get some advice from another member of the mental health team.

Q What happens if I let you know about any manic depression or puerperal psychosis in the past?

A your midwife will ask you whether you would like to talk to someone from the mental health team. This is because you have an increased chance of developing a postnatal illness. Only about 2 in every thousand women develop a psychotic illness after giving birth. Even if you have had one of these illnesses before you have a good chance of not getting ill postnatally, though it could be as high as 1 in 2-4.

Unlike postnatal depression / anxiety, a common problem which typically develops slowly over a few weeks, postnatal psychotic illnesses like puerperal psychosis can develop rapidly sometimes in a matter of days or even hours.

During your pregnancy, you and your midwife can agree a plan with the maternity / mental health team members on how to help you as soon as you show signs of illness.

The good news is that many of these illnesses are treatable, especially if you can be given the right care and treatment as soon as you begin to become unwell.

Q What happens if I mention a difficulty in my life at the moment?

A It depends what kind of problem or difficulty it is. Your midwife will help if she can or may be able to put you in touch with someone else who can help. Even if your problem is something that no one can solve, your midwife can give you more appropriate care in your pregnancy if she knows what is going on in your life.

Maternity staff, mental health specialists, Health Visitors and GPs will work together to ensure that women having babies have the best possible emotional and physical health before, during and after their pregnancy. You may meet members of the team throughout your pregnancy and postnatal care.