

# Becoming a parent?

Perinatal mental health is important

Having a baby is a big life event, and it's natural to feel a range of emotions during and after your pregnancy. You are likely to find that many new mothers are feeling the same way.

It can be really difficult to talk about how you are feeling when you become a new parent. You might feel:

- Pressure to be happy and excited, or to be on top of everything
- Worried you are a bad parent if you are struggling to cope
- Worried that your baby will be taken away from you if you admit how you're feeling

It's important to look after your mental health, find out about what support you can get by visiting our website or social media channels below.



Visit [www.twbstaffsandstoke.org.uk](http://www.twbstaffsandstoke.org.uk)

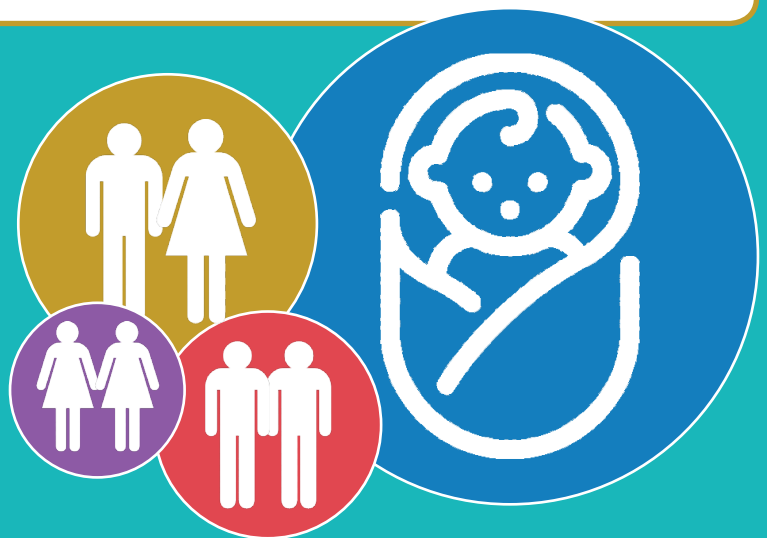


Pan Staffordshire Maternity Voices Partnership



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