

Perinatal Mental Health

Becoming a parent is a big life event

After giving birth it is normal to feel tearful, anxious and emotional, this usually last just a few days and is called the baby blues.

However, around one in 10 women will experience a mental health problem during pregnancy or in the year after giving birth. This should not be ignored because it is 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



Pan Staffordshire Maternity Voices Partnership



@PanStaffsVoices



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