

Perinatal mental health problems are those which occur during pregnancy or in the first year following the birth of your baby. Perinatal mental health is an umbrella term that covers a range of conditions such as antenatal/postnatal Depression or Anxiety, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), and Postpartum Psychosis.

Depression and anxiety are the most common disorders, and approximately 10-20% of women and up to 10% of fathers or partners, will experience a perinatal mental health problem. It's important to remember that these conditions are very treatable and it's important to seek help early.

Without appropriate treatment, the negative impact of mental health problems during the perinatal period is enormous and can have long-lasting consequences on not only women, but their partners and children as well.

There are Perinatal Mental Health teams being established in each of the 5 HSC Trusts, so if you have any concerns, speak to your Midwife or obstetrician during your appointment to ensure you get the support you need.

For further information, please visit the resources below;

- [Aware – Mood Matters Parent and Baby](#)
- [Aware – Guide to looking after the mental health of you and your baby](#)
- [Sources of help for fathers – Fatherhood Institute](#)
- [National Childbirth Trust – Life as a parent](#)

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