

Specialist perinatal mental health service

Find out more about the specialist perinatal mental health service available in **Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire:**

humber.nhs.uk/services/perinatal-mental-health.htm



For more information about the specialist perinatal mental health service available in **York and the wider North Yorkshire area:**

tewv.nhs.uk/services/perinatal-service



The Every Mum Matters campaign was launched by the **Humber, Coast and Vale Health and Care Partnership** in April 2019 to encourage new and expectant mums in parts of Yorkshire and the Humber region to look after their mental health.

The campaign aims to support new and expectant mums and their families to be able to recognise symptoms of perinatal mental health conditions early and encourage them to seek help promptly.

For more information visit everymummatters.com

#everymummatters

Do you take medication for a mental health condition and are thinking about having a baby, or are already pregnant?



Pre-conception advice





Do not stop your medication or reduce your dose suddenly as you may become unwell.

Staying well during pregnancy is important for mums as well as babies, so for some women, remaining on medication during pregnancy is the best choice.



It is really important to **Speak to your GP, pharmacist or other health professional** if you take medication for your mental health and are thinking about having a baby or are already pregnant.

They can:

- > Give you information about your medication and pregnancy
- > Discuss your choices with you
- > Refer you to a specialist perinatal mental health service for more support and advice

We understand you may be worried about taking medication if you become pregnant but you need to discuss your medication with them before making any changes so that you stay well.



Having a baby can be an exciting yet challenging time, especially if you take medication for a pre-existing mental health condition.

You are at a greater risk of experiencing a relapse during this period than at other times, but there is support available to help you cope with your pregnancy and keep you and your baby healthy.

We're here to help you

There is excellent support available in your local area, including a specialist perinatal mental health service.

The perinatal mental health team can offer preconception advice to women who have experienced serious mental illness including postpartum psychosis, bipolar affective disorder, schizophrenia, schizoaffective disorder, severe depression or anxiety.

The perinatal mental health team will work with you to agree a care plan to help meet your individual needs and find solutions to support you as you prepare for pregnancy, during your pregnancy and after your baby is born.