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**World Maternal
Mental Health Day**
6th May, 2020



10 THINGS TO KNOW ABOUT PERINATAL MENTAL HEALTH

- 1.** You can still be a great mother even if you are experiencing perinatal mental illness
- 2.** 10-15% of women can experience mild to moderate postnatal depression, fathers and partners can suffer with perinatal mental illness too
- 3.** You won't have your baby taken away if you ask for help with your mental health
- 4.** Suicide is one of the leading causes of maternal deaths
- 5.** Antenatal mental illness (untreated) is a strong risk factor for postnatal illness, so it's important to seek help while you are pregnant
- 6.** 70-100% of women experience unwanted, intrusive thoughts about their baby
- 7.** Your GP or perinatal mental health team are there to discuss medication options if required, you can take most mental health medications while you are pregnant and breastfeeding
- 8.** Post-traumatic Stress Disorder is estimated to occur in 6% of maternities following an emergency section
- 9.** Women are routinely asked about their mental health at booking clinics in maternity units/hospitals
- 10.** Mental Health Midwives and Perinatal Mental Health teams provide specialist support for women

MORE INFORMATION:

Patient information leaflets:

Search: HSE Perinatal Mental Health

Specialist Perinatal Mental Health information app for GPs and healthcare staff available at:

<https://PMH.healthcarestaff.app> or QR code:

