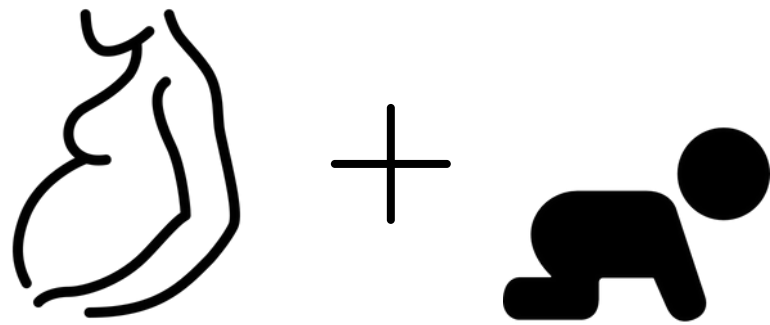


# Perinatal Mental Health

Havering MECC Factsheet

Last updated: 20/05/25

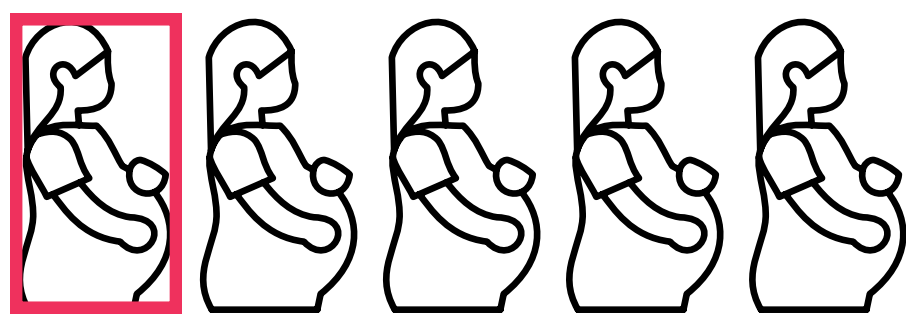
Perinatal period refers to the period around childbirth



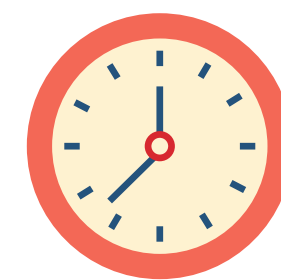
Perinatal mental health problems can have a negative impact on **both** the pregnant individual and baby



**1 in 5** pregnant people are affected by perinatal mental health problems.



Perinatal mental health problems requires **prompt** access to care



- Depression and anxiety are common during pregnancy.
- Mental health issues can affect self-care, antenatal attendance, and bonding with the baby after birth.
- Those with current or past mental health conditions—especially severe ones like schizophrenia, OCD, or eating disorders—are at higher risk during and after pregnancy.
- If you've had serious mental illness or received treatment before, it's important to accept a referral to a specialist, even if you feel well.
- Some stop medication due to concerns about the baby, but this can worsen symptoms. Always speak to your GP or midwife before making changes.
- Postnatal depression can start within 6 months of birth and may last over a year if untreated. Early treatment improves recovery.
- 'Baby blues' are common in the first week after birth and usually pass quickly.
- Talking therapies may help and can sometimes be used instead of or alongside medication.



**For the latest signposting on perinatal mental health, scan this QR code to see the Havering Family Services Hub.**

