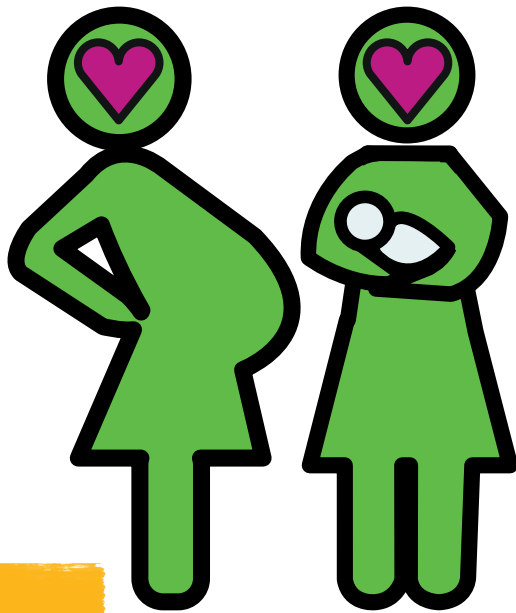


Perinatal mental health team

NHS

South West
Yorkshire Partnership
NHS Foundation Trust

Support for women affected by mental health problems during and after pregnancy



- Do you feel lost, worried or alone?
- Do you feel sad and cannot explain why?
- Have thoughts that no matter how much you do it's never good enough?
- Do you have suicidal thoughts?

Take the first step and speak to your midwife, health visitor or GP for help to discuss a referral to our service.

My worker was amazing and helped me progress quickly.

Good to be able to speak to someone.

It has given me everything I needed and more.

Friendly and understanding – there was no judgement

Seemed to understand my complex needs perfectly.

With **all of us** in mind.