



Your mental health when planning a pregnancy, during pregnancy and after your baby is born

This toolkit provides information and advice on:

- Feelings and emotions during and after pregnancy
- Signs and symptoms of mental health conditions
- How to get help
- What treatment choices are available if you have a mental health condition
- Safety of medication for a mental health condition during pregnancy or breastfeeding
- Links to further information and support.

The information is from the SIGN guideline, which gives recommendations for good practice based on medical research and the experience of health and social care professionals and people with lived experience.

Mental health conditions covered:

- Depression
- Anxiety and related conditions
- Birth trauma
- Bipolar
- Postpartum psychosis
- Schizophrenia
- Borderline personality disorder
- Eating disorders.

Download the app

Choose: Mental health in pregnancy and after birth



Visit the webpage

<https://rightdecisions.scot.nhs.uk/mental-health-in-pregnancy-and-after-birth-sign>

