



Lookin efter yer ain mental health

Haein a bairn is amazin, but it can be owerwhelmin tae. Sae if ye're strugglin in ony wey, mind ye're no alane.

Mibbe ye feel ye oucht tae be happy, but insteid ye feel knackert an scunnert. Mibbe ye're findin it hard tae bond wi yer bairn or feel disconnectit frae yer pairtner. Or mibbe ye're fashin about the future or ower feart for yer bairn's health.

But help is at haund. If ye dinnae feel yersel, talk tae yer health veesitor or GP. There's hunners o support available for you an yer faimly, dependin on yer needs.

If ye're a new maw an hae receivit mental health treatment afore, it's important tae let yer midwife, health veesitor or GP ken. They can offer ye extra support durin pregnancy an followin the birth o yer bairn tae help forfend issues returnin.

Many parents hide their feelins awa, fearin judgment, an worry that ither folk will think they're no copin wi their bairn. Bletherin tae faimly, freends, or ither maws wi similar experiences can be helpfu. Yer health veesitor can pit ye in touch wi a local group or service.

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