



Looking after your mental health during the Covid-19 crisis if you are pregnant or a new parent

[The latest information on Coronavirus \(COVID-19\) is available on the NHS website.](#)

With all the news and developments around Covid-19 (Coronavirus) recently, it is a stressful time for everyone. If you are expecting a baby or looking after a young child, you may be feeling particularly worried and anxious.

It's important that you make sure you look after your mental health and wellbeing, especially if you are isolating away from friends and family. Support is particularly important when you or your partner are pregnant or have a young baby. Think about who you can call if you're not coping well.

Some things that you might consider doing to support your mental health are:

- Discuss any worries with your midwife or health visitor. Contact details will be in your maternity notes or your baby's red book.
- If you are already under the care of a specialist perinatal mental health midwife, specialist health visitor or a mental health worker you can get in touch to discuss your situation.
- Try self-help resources such as apps, websites and books. See resources provided below.
- Join an online support group for expectant and new parents, or one that is specifically for people with mental health needs via social media. See resources provided below.

It's important you follow the most recent advice to keep you and your family safe and make the right decisions for your family. [The latest advice from the UK Government is available online.](#)



If you have appointments with midwives, health visitors, doctors or mental health support, it is important to keep these. Some may now be offered as telephone calls rather than face-to-face. If you are worried about attending appointments in person, or unsure if they are going ahead, contact your provider to get the latest update. [The Royal College of Midwives website has a list of FAQs that you may find useful.](#)

If you are worried about your mental health, you can get in touch with a health professional such as your usual GP, midwife, health visitor or mental health worker.

If you or someone you are concerned about are experiencing a mental health crisis:

- Dial 999 if you have seriously harmed yourself.
- [LSCFT \(NHS mental health services provider\).](#)
- Attend accident and Emergency at your local hospital.
- Call Samaritans on 116 123 (free to call and will not appear on the phone bill).

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Useful phone numbers:

- [Home Treatment Teams](#)
- [Specialist Triage, Assessment and Referral teams \(START\)](#)
- Health visitor services:
 - South Cumbria: 01539 718155
 - Lancashire (Virgin Care): 0300 247 0040
 - Blackburn with Darwen: 01254 585 000
 - Blackpool: contact your local team (see your child's red book)



Resources for self-help:

- Mind have lots of [free self-help activities available](#), as well as [tools for coping with the mental health impacts of COVID-19 and self-isolation](#).
- The NHS Apps Library has a [list of Mental Health apps](#).
- [NHS Audio Guide on stress, anxiety and depression](#).

Useful online information and telephone support resources:

- [The Maternal Mental Health Alliance](#) has information and links on supporting perinatal mental health during the COVID-19 crisis available online.
- [PANDAS](#) (Pre And Post Natal Depression Advice and Support) 0808 1961 776 (Free). A Facebook page is also available offering inspiration, motivation and news and they also run a [Facebook support group specifically for fathers](#).
- [Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere](#). It is a place to go if you're struggling to cope and you need immediate help via text message.
- [SANEline](#) is a national out-of-hours telephone helpline (0300 304 7000) offering emotional support and information for people affected by mental health problems.
- [APP Network](#) provide support to women and families affected by post-partum psychosis and offer online peer support forums.
- [Refuge](#) support women and children who are experiencing domestic violence. They provide a freephone 24 hour helpline: 0808 2000 247 and provide [information relating to COVID-19](#).