

Maternal and infant mental health

The three to four-month old time can be a difficult time emotionally, know that there will be good and bad days as a new parent. If you're feeling low or anxious, experiencing feelings of hopelessness or have often been bothered by having little interest or pleasure in doing things over the past month, then it is important to talk to someone. This is really important if you feel like this most days. If you're under the GP or mental health team, please get in touch with them if you feel that your current care is not helping, particularly if you have any thoughts of self-harm or feel unable to keep your baby safe. Please contact your GP or access your local walk-in centre as soon as possible.

If you recognise these feelings for the first time, there are some excellent services that you can be referred to for immediate help and support. There's evidence of increasing levels of depression in new fathers and also in adoptive parents. Please talk to us if you feel being a parent is not what you thought it would be. If you find it hard to interact with your baby try and remember to smile at your baby and talk to them even if it feels hard to do. Looking after yourself is very important for you and your baby's wellbeing, and we know that babies can be affected by lowered emotional health.