

**Up to 1 in 5 new parents may experience low mood, intense worries or other concerns about their mental health.**



**If this is you, you are not alone.**

Please speak to your health visitor or GP if you're worried or not feeling your usual self – they are here to help support you.

## Everyone needs support at times

Mental health concerns are common, but some parents try hard to hide how they feel because they worry that others will think they aren't coping with their baby. Everyone needs some support from time to time and if you reach out, your GP and health visitor will do all they can to support you and your baby together.

## Talk to someone

Talking to others can be a great help. You can share your feelings with family and friends, or with other mums who are going through similar mental health issues, or have had them in the past. Your health visitor can put you in touch with a local group or service.

## Mental health support

The first step in addressing mental health concerns is to share how you are feeling. There are lots of effective ways to support you and your family. These can include talking therapies and sometimes taking medication.

If you're a new mum and have had treatment for your mental health in the past, it is important to let your midwife, health visitor or GP know. They can offer you extra support during pregnancy and following the birth of your baby to help reduce the chance of it coming back again.

## Help for you and your baby together

Welcoming a new baby into the world and creating a warm, positive relationship, can be tricky at the best of times. Doing this when your mood is low or anxious, or you've got other stresses, is especially difficult. You may be finding it hard to connect with your baby or feel upset because your baby doesn't seem to respond positively to you. This may make it difficult to hold on to positive feelings. You are not alone. Visit <https://www.parentclub.scot/wellbeing> for more information. Getting early support can help you build a positive and fulfilling relationship with your baby.

**"If you are struggling to speak to your GP, maybe a partner or someone close to you could pick up the phone and make that initial contact. There's lots of help available."**  
Lesley Weir, Family Nurse Partnership

**"I hid it from everyone for too long. When I finally realised that I couldn't keep going on my own I felt a sense of relief. You only start getting better when you admit to yourself that you're not feeling right."**  
Ellie mum of 2, Edinburgh parentclub.scot

**"Don't be afraid to speak up, it's OK to be worried or even scared. The best way to be able to care for your partner is by looking after yourself."**  
Wasseem, Dad from Glasgow