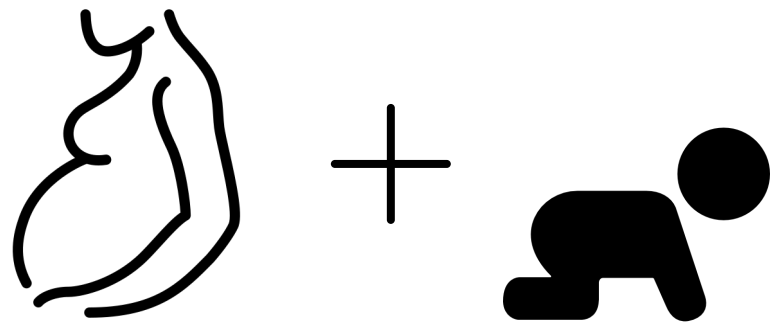


Perinatal Mental Health

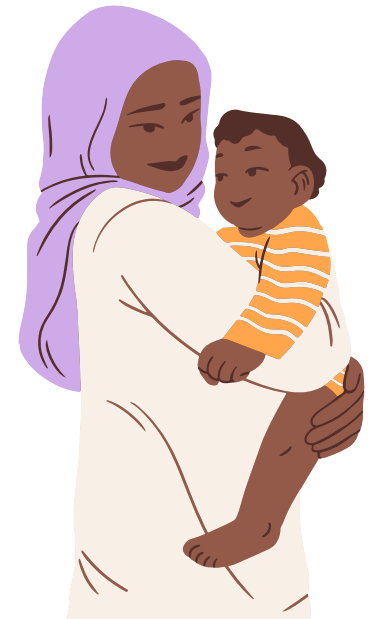
Havering MECC Factsheet

Last updated: 15/05/2026

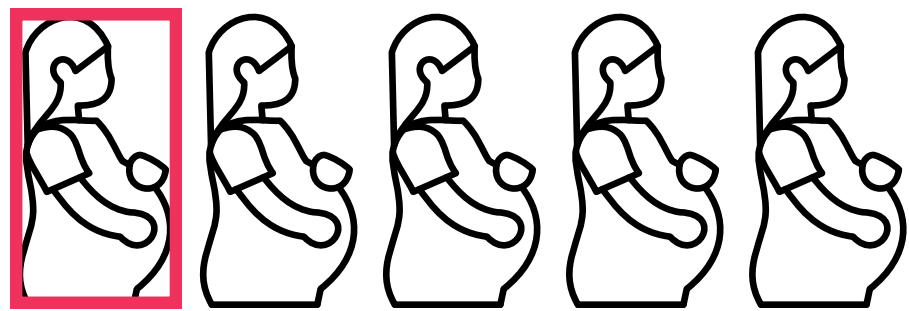
Perinatal period refers to the period around childbirth



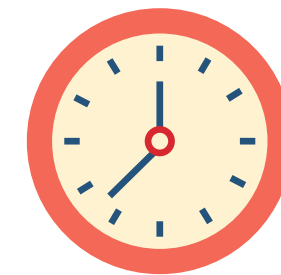
Perinatal mental health problems can have a negative impact on **both** the pregnant individual and baby



1 in 5 pregnant people are affected by perinatal mental health problems.



Perinatal mental health problems requires **prompt** access to care



- Depression and anxiety are common during pregnancy.
- Mental health issues can affect self-care, antenatal attendance and bonding with the baby after birth.
- Those with current or past mental health conditions, like schizophrenia, OCD or eating disorders, are at higher risk during and after pregnancy.
- If you've had serious mental illness or received treatment before, it's important to accept a referral to a specialist, even if you feel well.
- Some stop medication due to concerns about the baby, but this can worsen symptoms. Always speak to your GP or midwife before making changes.
- Postnatal depression can start within 6 months of birth and may last over a year if untreated. Early treatment improves recovery.
- 'Baby blues' are common in the first week after birth and usually pass quickly.
- Talking therapies may help and can sometimes be used instead of or alongside medication.



For the latest signposting on perinatal mental health, scan this QR code to see the Havering Family Services Hub.

