

Planning a pregnancy

Do you have difficulties with your mental health and are you being supported by your GP?



You may find it helpful to **talk to your GP**

If you are planning to have a baby ask for a longer appointment with your GP.

Your GP will want to know more about how you are - how being pregnant and having a baby may affect you and your baby.

The risks of not taking your medication and keeping you well before becoming pregnant.

This will support you to **make the right decisions for you and your family.**



Your GP will want to know how you are feeling now.

They may need to ask more questions to know whether you will need more support from other people.



If you are well now
you can speak to your GP at anytime if you need support.

If you have some mental health difficulties now, your GP will talk to you about medication and talking therapies.

Your GP will support you to decide whether you keep taking the medication you are on or to try another one.

You should never stop taking medication without talking to your GP.

Your GP will also want to talk to you about how you are going to feed your baby.

This will support you to make the right choices for you.

If you are already being seen by your community mental health team, your GP will refer you to colleagues for more assessments and support.

You will need to keep using contraception until you have been seen by them.

You will need to keep taking your medication unless a doctor in this team tells you not to.



When you're becoming pregnant it would be helpful if you told your GP and midwife about your mental health difficulties.

They will work with you to make sure you get the **right support, at the right time and from the right people.**



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