

Women and Families Maternal Mental Health Pledge

More than 1 in 5 women* will experience mental health difficulties in pregnancy or the first postnatal year.

Women who have experienced mental health problems in pregnancy or after childbirth have identified these expectations.

I'm fully involved, informed and at the centre of my care, so I have what I need to make the best decisions for me, my pregnancy and my baby.

I'm confident that staff caring for me will have the appropriate knowledge and skills.

If I have mental health concerns, I'll get advice and support before becoming pregnant.

I'll get expert advice and care of my perinatal mental health when I need it, wherever I live in Scotland.

I'll have timely access to help and support during my pregnancy and postnatally.

I can talk openly about my mental health without worrying about being judged. Everything will be done to keep me and my baby together where possible. If I need to be admitted to hospital for mental health treatment, I have the right to be admitted with my baby.

I'm confident my family are given the support they need to help me and get help for themselves if they need it.

I'm supported to bond with my baby.



If you have mental health concerns or need support, speak to your GP, midwife, health visitor or call NHS 24 on 111.
For more information, scan the QR code.

* The term woman/women has been used as this is the way the majority of those who are pregnant and having a baby will identify. For the purpose of this document, this term includes girls and people whose gender identity does not correspond with their birth sex or who may have a non-binary identity.

