

STAYING EMOTIONALLY WELL DURING CORONAVIRUS

Managing your emotional health in pregnancy and the postnatal period



STAYING PHYSICALLY ACTIVE

- It's always important to stay active during and after pregnancy, but even more so now that we are all spending so much time at home. Make sure you take your daily walk if you can, maintaining social distancing. Mood boosting!
- Try googling 'free pregnancy yoga videos' - there are plenty of safe workouts
- See the NHS website for tips and advice on safe exercising during pregnancy: <https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/>

MANAGING DIFFICULT FEELINGS YOURSELF

The current situation is making some level of anxiety very common. We recommend these links to help:



- <https://www.good-thinking.uk/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://www.nhs.uk/oneyou/every-mind-matters>
- Browse NHS recommended apps: <https://www.nhs.uk/apps-library/>

WHEN SELF-HELP ISN'T ENOUGH



Some people will experience anxiety, depression or other mental health symptoms that become more serious than they are able to deal with alone.

- You can self-refer to your local talk therapy service by entering your location here: [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)
- If you are feeling very worried or unwell, **speak to your midwife** or GP for support and referral to the right specialist service
- You can now self-refer to the perinatal mental health team - details below
- If you or your family/partner are worried that you might hurt yourself, visit your local accident and emergency department. It is the best and safest thing to do in these circumstances, despite coronavirus.

YOUR LOCAL DETAILS



City & Hackney mental health crisis line 24/7:
020 8432 8020

City & Hackney perinatal mental health team:
City & Hackney Talk changes (talk therapy) :
020 7683 4278

Waltham Forest mental health crisis line: 0300 555 1000

Waltham Forest talking therapies: 0300 300 1554

Homerton maternity helpline 10am-6pm:
020 8510 5955 / huh-tr.maternityhelpline@nhs.net

More resources: <https://www.homerton.nhs.uk/maternity-services/>