



North West Maternity Services

If you are pregnant and Black, Black British, Asian and Asian British, you may be more vulnerable to COVID-19.

Maternity services and hospitals are **open and safe** to attend any time. We are here to support you.

Looking after your **wellbeing** is important - pregnancy can be a difficult and lonely time, especially during COVID-19.

- During pregnancy and afterwards, many women experience low mood, anxiety or even distressing thoughts. This can also affect your bond with your baby. You are not alone – help is available.
- Bonding with your baby is as important as feeding your baby. Talking to and thinking about your baby helps their brain development. There are services out there to help you with this.
- Dads and partners can experience low mood and difficult emotions too – this can impact the whole family's wellbeing. Support is available for all parents.

Don't be afraid to tell your midwife how you're feeling. They can help you to consider what support you may need with your emotional health and wellbeing.

**Trust your instincts:
Call your midwife or
maternity unit if you
are worried.**

