

# Women & 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.



**If you are experiencing mental health difficulties or need support speak to your GP, midwife, health visitor or NHS 24**

For full details of the pledge visit - [www.pmhn.scot.nhs.uk/pledge/](http://www.pmhn.scot.nhs.uk/pledge/)