



Maternity and mental health

How you can get involved

Help promote our work on maternity and mental health

We have just launched the first phase of our research to understand more about people's experiences of mental health care at different stages of life.

To help us understand more about maternity and mental health, we want as many people as possible to share their experiences experience of mental health support when planning to get pregnant, during pregnancy, at the birth of your child and afterwards.

1.1 How you can help spread the word

- Share the message on social and on your website
- Encourage local health services, charities and support groups to get involved

Social media messages

To help you get involved and encourage more people to fill in the survey, we've drafted some posts for you to share on social media:

- We want to know more about your experience of **#MentalHealth** support when planning to get pregnant, during pregnancy, at the birth of your child and afterwards. Talk to us and share your experience <https://bit.ly/2AJzpCV>
- Are you one of the 1 in 5 pregnant women/new mums who have experienced some form of **#MentalHealth** challenge? We want to hear from you. Talk to us and share your story <https://bit.ly/2AJzpCV>
- We want to understand more about people's experiences of **#MentalHealth** support when planning to get pregnant, during pregnancy and after the birth of their child. Tell us your story. <https://bit.ly/2AJzpCV>
- Encourage more people to share their views of maternity and **#MentalHealth** and help us make mental health support better for everyone <https://bit.ly/2AJzpCV>
- We're working to make people's experiences of maternity and **#MentalHealth** care better. Share our survey with your friends and family to and encourage them to share their views to help make future care better for you and your community. <https://bit.ly/2AJzpCV>

- Did you know? 1 in 5 pregnant women and new mums experience some form of **#MentalHealth** challenge. Perhaps you haven't been affected but you know someone who has? Share this post with them and help us collect views to help shape the services of the future. <https://bit.ly/2AJzpCV>
- Calling all **#Parents** We want to know more about people's experiences of **#Maternity** and **#MentalHealth**. Tell us your story <https://bit.ly/2AJzpCV> **#Parenting**
- **Planning a baby**
Planning a **#baby** can be exciting, but it can also be stressful! If you needed mental health support while trying to conceive, @HealthwatchE would like to hear from you. Take part in this short survey <http://bit.ly/2n78Xti> to help [@HealthwatchE](#) understand maternal **#MentalHealth**. **#Parenting**
- **Pregnancy**
Have you had a **#baby** in the last 3 years? Did you receive support for your **#MentalHealth** during pregnancy? Take 5 minutes to complete a short survey <http://bit.ly/2n78Xti> and help [@HealthwatchE](#) better understand services that support maternal mental health. **#Parenting**
- **New parent**
Are you a **#NewDad**? It's not just mothers that face mental health challenges after the arrival of a new born, fathers are affected too. Share your experience with [@HealthwatchE](#) **#MentalHealth**.
<http://bit.ly/2n78Xti>

Are you one of the 1 in 3 new dads who are concerned about their **#MentalHealth**? We want to hear from you. Share your views <https://bit.ly/2AJzpCV>

Are you a **#NewMum**? 1 in 5 pregnant women and new mums experience some form of mental health challenge. If you've been affected, please fill in our short survey and help make **#MentalHealth** care better <https://bit.ly/2AJzpCV>

1 in 5 pregnant women and new mums experience some form of **#MentalHealth** challenge. Did you get the support you wanted? Share your experience with [@HealthwatchE](#) <http://bit.ly/2n78Xti> to help them understand maternal mental health services **#HaveYourSay**

- **Professional support**

Did you receive #MentalHealth support from your GP, midwife or other health professional during your pregnancy or after the birth in the last 3 years? Share your experience with [@HealthwatchE](#) and take part in their survey <http://bit.ly/2n78Xti> #Parenting #Baby

We have also created a number of graphics that you can use as an image along with your social media messages.



Have you found having a new baby difficult? You are not alone.

Share your experience and help make maternal mental health services better.



Did you know?

1 in 3 new dads are concerned about their mental health



Did you know?

1 in 5 pregnant women and new mums experience some form of mental health challenge.



Draft copy for email and website communications

Subject line: Tell us your story about mental health during pregnancy

We want to know more about you or your partner's experience of mental health support when planning to get pregnant, during pregnancy, at the birth of your child and afterwards.

[Share your views](#)

Did you know?

As many as 1 in 5 pregnant women and new mums experience some form of mental health challenge. Partners can also be affected, with one charity estimating that 1 in 3 new dads are concerned about their mental health.

Why we want your views

The NHS is spending more money on maternal mental health support but we want to know if this is making a difference. We want to know whether services are doing everything they can to support people with mental health challenges during or after pregnancy to ensure the whole family is supported.

You can help by sharing your experience or encouraging anyone you know who might be affected to complete our short survey.

Talk to us

Take five minutes to share your story.

[Take the survey](#)

Find out more

You can also find out more about how Healthwatch plans to tackle mental health over the next few years.

[Find out more](#)

1.2 Public survey questions

1. Do you consent to Healthwatch England using your responses in our work on maternal mental health?

- Yes
- No

2. Tell us about you

- Male
- Female
- Other
- Prefer not to say

3. Tell us about your current situation

- I am / my partner and I are planning to get pregnant
- I am/ my partner is currently pregnant
- I have/ my partner has had a baby in the last three years
- None of the above (*If ticked, exit survey*)

4. Do you or your partner have any mental health conditions or challenges?

- Yes I have a diagnosed mental health condition (*If yes, go to Q5*)
- Yes I have a undiagnosed mental health challenge (*If yes, go to Q5*)
- Yes my partner has an diagnosed mental health condition (*If yes, go to Q5*)
- Yes my partner has an undiagnosed mental health challenge (*If yes, go to Q5*)
- No (exit)

5. When did you or your partner experience poor mental health?

- Before trying to become pregnant
- During the pregnancy
- After the birth

6. Were you or your partner receiving any mental health support?

- Yes (Q7)
- No (Q10)

7. If you were taking medication as part of your treatment, what advice were you or your partner given about the impact of continuing or stopping medication before became pregnant or after conception?

8. If you have a diagnosed mental health condition, as part of your treatment for mental health you should be undergoing a formal review at least once a year with a mental health professional. Please confirm whether or not you have had a formal review within the last 12 months?
- Yes I/my partner has had a formal review
 - No I/my partner has not had a formal review *(If ticked, go to Q10)*
 - I don't know *(If ticked, go to Q10)*
 - N/A *(If ticked, go to Q10)*
9. After your mental health review, please tell us how informed you felt about the following on a scale of 1-5. 1 being not informed and 5 being fully informed:

	1	2	3	4	5
Contraception					
Plans for pregnancy					
How pregnancy and childbirth might affect your mental health condition including relapse					
How your mental health condition and treatment you receive or might receive might affect parenting					
Benefits, risks and harms of possible treatment during pregnancy or in the first year after					

10. Do you feel the maternity care you receive is affected by your mental health needs?

- Negatively affected
- Not affected
- Positively affected

11. How easy was it to get support for your mental health?

- Very difficult
- Difficult
- Easy
- Very easy
- Neither easy nor difficult

12. How long did it take between asking for mental health support and receiving it?

- Not applicable
- The same day
- Within 1 week
- Within 2 weeks
- Within 3 weeks
- Within 1 months
- Within 2 months
- Within 3 months
- Longer than 3 months (please specify):

13. Please tell us which health professional have offered you/you partner mental health support?

- Health visitor
- GP
- Midwife
- Mental health professional
- Other
- None

14. Please tell us what information and advice you have been given about maternity and mental health:

- How to take care of your mental health when you have a new baby
- The potential benefits of talking therapy and medication
- The potential harms of treatment
- The possible consequences of having no treatment
- What could happen if treatment is changed or stopped
- I did not receive any advice or information

15. How would you rate the quality of mental health support given by health professionals such as your GP/midwife/health visitor

- Very poor
- Poor
- Fair
- Good
- Very Good

16. Is/was there a care plan in place that considered both maternity and mental health needs?

- Yes
- No
- I don't know

17. Do/did you feel involved in decisions about care? (hide if male)

- Yes
- No

18. Considering how your mental health has been supported during maternity, what would you have done differently?

19. If you have more than one child, have you noticed a difference in how your mental health was supported throughout pregnancy and in the first year of pregnancy?

20. If you have any further comments, please write them below.

By telling us more information about yourself, you will help us better understand how people's experiences may differ depending on their personal characteristics. However, if you do not wish to answer these questions you do not have to.

21. Your age:

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55+

22. Your ethnicity:

- African
- Arab
- Asian British
- Bangladeshi
- Black British
- Caribbean
- Gypsy or Irish Traveler
- Indian
- White British
- Any other white background
- Any other mixed background
- Other:

23. Which is your local Healthwatch:

24. Do you consider yourself to have a disability?

- Yes
- No
- Prefer not to say

Which of the following best describes you?

- Heterosexual
- Gay or lesbian
- Bisexual
- Asexual
- Pansexual
- Other

Which, if any best describes your religious belief?

- Buddhist
- Christian
- Hindu
- Muslim
- Jewish
- Sikh
- No religion
- I'd prefer not to say

If you would be happy to be contacted for more information or to be used as a case study, please tell us your email address

1.3 Stakeholder survey questions

1. How confident are you that the NHS will meet its target set out in the NHS Five Year Forward View on mental health to see at least 30,000 more pregnant women/new mums each year access specialist mental health care by 2020/21?

- Very confident
- Confident
- Not confident
- Very not confident
- I don't know

Tell us more

2. Do you think the changes introduced in the last two years since the publication of the Five Year Forward View on mental health have had the desired impact on patient care in terms of improving quality of care?

- Yes
- Somewhat
- No
- I don't know

Tell us more

3. Do you think the changes introduced in the last two years since the publication of the Five Year Forward View on mental health have had the desired impact on patient care in terms of improving people's experience of care?

- Yes
- Somewhat
- No
- I don't know

Tell us more

Increasing specialist provision

NHS England announced a second wave of perinatal mental health funding to allow pregnant and new mothers experiences mental health difficulties to access specialist mental health community services in every part of the country by April 2019. To find out more visit: <http://bit.ly/2vRMPbp>

4. Do you think the plans announced in May to increase specialist provision in previously underserved areas of the country will make a positive difference by April 2019?

- Yes
- Somewhat
- No
- I don't know

Tell us more

5. What is missing from the Five Year Forward View in terms of maternity and mental health that should be incorporated into the NHS long term plan?

6. What organisation do you work for?

7. What is your job title?

8. If you are happy for us to contact you please give us your email address.