

Are you pregnant or have you recently given birth? Are you struggling with your mental health?

You're not alone. We can help.

We work with women experiencing mental health difficulties before and during pregnancy and up to 24 months after delivery.

Contact your GP, midwife or health visitor for a referral.

For more details on the Milton Keynes Perinatal Mental Health Service, visit www.cnwl.nhs.uk/mkperinatal

