

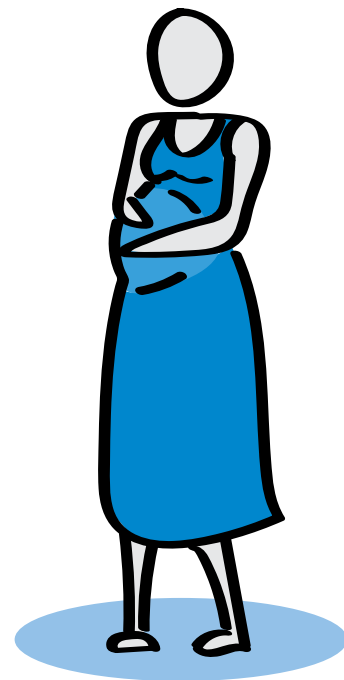
# Coronavirus and mental wellbeing – for pregnancy

This brief guide has been produced to support people who are pregnant during the Coronavirus (COVID-19) pandemic.

Infectious disease outbreaks, like the current Coronavirus (COVID-19), can be scary and can affect our mental health. It can create feelings of stress and being overwhelmed with the unknown and uncertainty over the spread of the virus.

Being worried at this time is normal, but following the [Five Ways to Wellbeing](#) and connecting with others, being active, keeping learning, giving or supporting others and taking notice of your environment can make a big difference to how you feel. [Our guidance](#) shows some great ideas on how you can incorporate the Five Ways to Wellbeing whilst pregnant.

A full guide to Coronavirus infection and pregnancy: Information for pregnant women and their families' can be found here: [Royal College of Obstetricians and Gynaecologists Coronavirus \(COVID-19\) infection and pregnancy – guidance for pregnant women and their families](#) – updated 3 April 2020



# Sources of support

## Royal Cornwall Hospitals Trust

The Maternity department at Royal Cornwall Hospitals cares for pregnant women before, during and after birth of their babies. Maternity Triage Advice Line: **01872 258000**  
[www.royalcornwall.nhs.uk/services/maternity-services](http://www.royalcornwall.nhs.uk/services/maternity-services)

## University Hospital Plymouth NHS Trust

Maternity Service: **01752 430200**  
[www.plymouthhospitals.nhs.uk/maternity](http://www.plymouthhospitals.nhs.uk/maternity)  
They also have a FB page “University Hospitals Plymouth Maternity Services”

## Kernow Maternity Voices

Working in partnership to improve maternity services. See their Facebook page for updates on all maternity services in Cornwall:  
[www.facebook.com/KernowMVP](http://www.facebook.com/KernowMVP)

## Healthy Cornwall Healthy Pregnancy

For information on weight management, healthy eating, physical activity and quitting smoking in pregnancy - [www.healthycornwall.org.uk/projects/healthy-pregnancy](http://www.healthycornwall.org.uk/projects/healthy-pregnancy)

## Outlook South West (IAPT)

Support women with low mood or anxiety during or after their pregnancy. Anyone aged over 16 years of age can self-refer and access Outlook South West online support and talking therapies by calling **01208 871 905** (Monday to Friday 9am to 4pm) or you can register online. See their web page [www.cornwallft.nhs.uk/outlook-south-west](http://www.cornwallft.nhs.uk/outlook-south-west).

Outlook south West also support Perinatal and Postnatal Wellbeing – Finding Yourself Again. To find out more about perinatal and postnatal support from Outlook South West visit their web-page [www.cornwallft.nhs.uk/finding-yourself-again](http://www.cornwallft.nhs.uk/finding-yourself-again).

## Specialist Perinatal Mental Health Team

The Perinatal Mental Health Team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period. The team promotes wellbeing during pregnancy, prevention of relapse and assists with birth planning. The service is for pregnant

women with a pre-existing mental illness or those at risk of mental illness during or after their pregnancy.

Call: **01872 221031** or

Email: **cpn-tr.Perinatal@nhs.net**

[www.cornwallft.nhs.uk/perinatal-mental-health-team](http://www.cornwallft.nhs.uk/perinatal-mental-health-team)

## Wild

Provide support for young parents to be and parents. Their office is currently closed due to Covid-19 (01209 210077) but you can email [hello@wildproject.org.uk](mailto:hello@wildproject.org.uk) or follow on Instagram/ Facebook: @wildyoungparentsproject for regular updates. [www.wildproject.org.uk/](http://www.wildproject.org.uk/)

## DadPad

Support for new dads Tel: **07403 274 757**

Email: [hello@thedadpad.co.uk](mailto:hello@thedadpad.co.uk)

[www.thedadpad.co.uk/contact](http://www.thedadpad.co.uk/contact)

## Positive Birth Movement

A global network of pregnancy and birth support groups, linked by social media  
[www.positivebirthmovement.org](http://www.positivebirthmovement.org)

## Tommy's

The pregnancy health information charity Tommy's – [Pregnancy and Coronavirus \(COVID 19\) advice for pregnant women](https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy)

Tommy's also provide advice on looking after your mental health before, during and after pregnancy [www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy](http://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy).

## The Lullaby Trust

Safer Sleep charity for families - [specific guidance about Covid19](https://www.lullabytrust.org.uk/covid-19-specific-guidance)

## The Royal College of Obstetricians and Gynaecologists

For up to date information and Q & As on what is known about how the Coronavirus impacts on people who are pregnant, and their families  
[www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy](http://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy)

### **Samaritans**

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

Telephone: **116 123** (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

### **Maternal Mental Health in Cornwall**

The local Maternity Voice Partnership have set up this weekly Face Book group and have a weekly Facebook live on a Friday evening.

[www.facebook.com/Maternal-Mental-Health-in-Cornwall-109612914046703/?ref=bookmarks](https://www.facebook.com/Maternal-Mental-Health-in-Cornwall-109612914046703/?ref=bookmarks)

### **We are with you**

To talk to a trained expert about drugs, alcohol and your mental health then you can contact

‘We are with you’ by calling **01872 263001**

or visit [www.wearewithyou.org.uk/services/cornwall-truro/](http://www.wearewithyou.org.uk/services/cornwall-truro/)

### **Safer Futures**

Call **0300 777 4777** or visit [www.saferfutures.org.uk/](http://www.saferfutures.org.uk/) if you or someone else is affected by domestic abuse, sexual violence and those demonstrating abusive behaviours.

## **Pregnancy and baby apps and general wellbeing apps**

Keeping healthy and well is a priority and there are now many apps available to help during pregnancy, and improve your general wellbeing from meditation techniques to managing emotions.

Take a look at some NHS assessed apps here:

[www.nhs.uk/apps-library/category/pregnancy-and-baby](http://www.nhs.uk/apps-library/category/pregnancy-and-baby)

[www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health)

[‘The “Baby Buddy” app is a free interactive pregnancy and parenting guide](#)

[www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)

## **NHS 24/7 help line**

To talk to someone about your mental wellbeing you can call the 24/7 NHS mental health telephone support, advice and triage help line - **0800 053 3800**. Support is available to anyone, regardless of age, all day every day. If you or someone you know feels they need to access urgent mental health support, they will listen to you and assess how best to help.

## **Safety Planning**

A safety plan is for someone to use when they are feeling that their mental health and wellbeing is low, and/or that they are at risk of self-harm or acting on suicidal thoughts – a plan to remind themselves of reasons to live, family and friends they can talk with and things that can make them feel strong and in control of their feelings.

By having a safety plan, you’re making sure that there are strategies you can use to keep yourself safe, which can help you feel more in control when everything feels out of control. Think of your safety plan as your ‘mental health first-aid kit’; it includes different things that will help you through a crisis.

Everyone’s plan is personal and different, but it can help by walking someone through their steps to keep them safe. For people who self-harm or feel suicidal it’s not designed to be their only support, but can help as part of a wider approach to supporting their wellbeing.

More information about how you can support someone to create a safety plan, alongside signposting to further sources of support, access to free online suicide prevention and general wellbeing training for adults, and Papyrus’ children’s safety plan can be found on the [Cornwall Council website](#).

## Useful links

**The Royal College of Obstetricians and Gynaecologists**

[www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy](http://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy)

**Kernow Clinical Commissioning Group**

[www.kernowccg.nhs.uk/your-health/mental-health](http://www.kernowccg.nhs.uk/your-health/mental-health)

**World Health Organisation guidance**

[www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf](http://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf)

**NHS**

[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

**NHS One You**

[www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips)

**Public Health England** general guidance

[www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public](http://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)

**Mind**

[www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing)

**Mental Health Foundation**

[www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak](http://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak)

Cornwall Council **Every Mind Matters** and **Five Ways to Wellbeing**

[www.cornwall.gov.uk/health-and-social-care/mental-health/staying-mentally-well](http://www.cornwall.gov.uk/health-and-social-care/mental-health/staying-mentally-well)