

New mum

seems strange?

Seek help.

After childbirth, changes are expected, but some mums need urgent help. Postpartum psychosis (PP) is a severe illness that can occur after birth. If you notice:

- *Confusion or racing thoughts*
- *Feeling unusually elated, frightened or tearful*
- *Unable to or no need for sleep*
- *Beliefs that are unusual or concerning to others*
- *Seeing, hearing or sensing things that others can't*

It could be PP, a treatable medical emergency.

Help make an urgent appointment with their doctor, midwife, health visitor or call 111. If you think there is imminent danger, call 999. With help they will recover.

Seek help today