

This map shows the range of emotional wellbeing support available for anyone who is considering a pregnancy, pregnant, has a child up to the age of 24 months, or is going through the loss of a baby.

Mental health issues affect up to 27% of expectant mums / birthing people, dads/parents, co-parents/partners, families. Getting support early can reduce the long-term effects of mental illness.

An individual or family can access more than one service at a time and won't necessarily need to access services in any particular order. Some services have specific referral criteria – see our Service Directory for more information:

 [Link to service directory](#)

