

Perinatal mental health skills study sheet

1. List the most common mental health conditions and their prevalence.

2. Outline the role of the midwife in relation to identifying maternal health issues-think *what, when and why*.

3. Find out what services are available to women in your local area. Take some time to find out who they are, if they have a website access it and read through it. What are the referral processes? What is involved? What services do they offer?

5. Watch the video above and reflect on your current approach to talking about mental health issues, perhaps you find it hard to talk about, or easy? How might you open conversations with women or their partners?