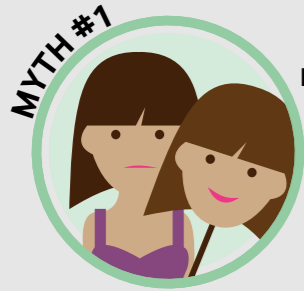


10 myths about parenthood and mental health



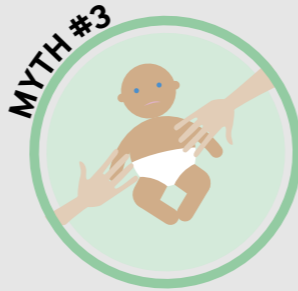
MYTH #1

Pregnancy is a happy time; pregnant women don't get depressed



MYTH #2

It's just the 'baby blues', I'm fine



MYTH #3

If I'm diagnosed with a mental health issue, my baby will be taken away from me



MYTH #4

If I tell anyone about my mental health worries, they will think I'm a failure or a bad parent



MYTH #5

Mental health problems only affect certain people



MYTH #6

I will be forced to take medication



MYTH #7

I'm the only one who feels this way



MYTH #8

Only mums suffer from mental health issues like postnatal depression



MYTH #9

There's nothing I can do to help a parent suffering with mental health issues



MYTH #10

I'm never going to feel better

Read more about maternal mental health myths here: www.nct.org/MMHmyths