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](http://www.nct.org/MMHmyths)