



Endorsed resource - My pregnancy and post-birth wellbeing plan

Implementation support
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[The Boots Family Trust, Tommy's, Netmums, the Royal College of Midwives and the Institute of Health Visiting](#) have collaborated to produce a [My pregnancy and post-birth wellbeing plan](#). The resource is in line with the recommendations that support recognising mental health problems in [NICE's guideline on antenatal and postnatal mental health](#) and may help health professionals to recognise, support disclosure and to engage with women who may have mental health problems.

Disclaimer

Endorsed tools are complimentary information that may be of interest to you from sources outside of NICE. This tool has not been developed and is not maintained by NICE.