

## ***When early motherhood doesn't feel like you expected***

It's completely normal for early motherhood to feel different from what you expected or hoped. Things might feel harder, heavier or different. You might notice:

- Feeling on edge or unable to relax even when baby is asleep
- A sense of dread, intense anger or resentment
- Feeling very numb or not recognising yourself or your feelings
- Crying more than you expected
- Feeling disconnected from your baby or worried that you are
- Feelings of guilt
- Going over things again and again in your mind

These experiences are much more common than people realise, especially in the early weeks and months after having a baby. After birth, your body and mind are adjusting to a huge shift - physically, emotionally and psychologically.

### **When to consider more support:**

- If these feelings aren't easing over time
- If they feel really intense or overwhelming
- If you feel scared, overwhelmed or don't know how to go on
- If you feel like you want to hurt or harm yourself or your baby
- If someone else is worried about you

### **Where to go for help:**

- Your local **NHS Talking Therapies** (you can self-refer or your GP can refer you);
- Your **Perinatal mental health team or Maternal mental health team** (your GP, midwife or health visitor can refer);
- Private providers like **Talking Women**: [talkingwomen.co.uk](https://talkingwomen.co.uk)