Are you female and taking medication for your mental health?

Have you thought about pregnancy?

50% of pregnancies are unplanned, so it’s important to consider this possibility (whatever your age) whilst taking medication, which could affect the baby in the womb.

Your wellness is important

Staying well during pregnancy is important for mums as well as for babies, so for some women, remaining on medication during pregnancy is vital.

Speak to a professional

It’s really important to speak to your key worker, pharmacist or doctor if you are pregnant, planning to have a child, or may want to do in the future.

Don’t stop medication abruptly

Stopping medication quickly can be harmful: always speak to your doctor before stopping medication so they can support you to make your own decisions.

Pregnancy can happen even if you’re under 16 and not planning a family, or if you’re in your 40’s and you feel you’ve completed your family — always ask a professional early, even if you aren’t actively planning.