**PHYSICAL AND MENTAL HEALTH DURING PREGNANCY:**

It is important that pregnant women with a previous severe mental health problem or any current mental health problem, understand how their mental health problem might affect them during and after pregnancy, and how pregnancy and childbirth might affect their condition, including the risk of relapse.

1. It is important that the risks of using some medications to treat mental health problems during pregnancy and while breastfeeding are discussed, and alternatives considered to help you to make a informed decisions about managing the condition.
2. The physical and mental wellbeing is very important during antenatal and postnatal period.
3. The family members are included in the discussion of mental health of the mother particularly if the patient is already on medications for severe and incapacitating depression, psychosis, schizophrenia, bipolar disorder, schizophrenic disorder or postpartum psychosis.
4. The institution will guide the treatment and preventive options and any concerns the woman has about the pregnancy or the foetus. We will provide information to the women and, if she agrees, her partner, family or carer, about:

* The potential benefits of psychological interventions and psychotropic medication.
* The possible consequences of no treatment.
* The possible harms associated with treatment
* What might happen if treatment is changed or stopped, particularly if psychotropic medication is stopped abruptly.

So, the mental education we provide with multidisciplinary team will help the patient to combat the mental illness and supports her in all possible way to lead a successful pregnancy.