



Guided By You
Midwifery

Signs You Might Need More Support in Pregnancy

Sometimes extra support in pregnancy can make a big difference.

Signs you may need more support

- Feeling anxious most of the time
- Difficulty sleeping
- Feeling low or overwhelmed
- Fear about labour or birth
- Previous difficult birth experiences
- Relationship difficulties
- Lack of support around you

Reaching out for support early can help you feel more reassured and supported.

If you are finding pregnancy overwhelming or would like some additional support, please get in touch. I can offer calm, compassionate care to help you feel reassured, supported and more confident throughout your pregnancy.

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