

Card 4: Self Help Techniques for Handling Mental Health Problems in Pregnancy

As a front line worker, you can teach the women simple techniques to handle common mental health problems such as anxiety or depression.

Square Breathing

A simple breathing technique to relieve stress.



Mood Chart

Use the chart below to identify the woman's mood and understand how she may be feeling.



Technique Of Self Help Psychiatry

Padhraic Smyth



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