8 KEY FACTS

Pregnancy Sickness Support

HG & Neurodivergence

PRODUCED IN PARTNERSHIP WITH ND Birth

Considerations for Neurodivergent women and pregnant people

1 COMMUNICATION

It is important to let others know how you are feeling and what you need; Whatever communication tools work for you. It's ok to ask for help. Ensure the people around you are aware of your communication needs and are able to advocate on your behalf if needed.

2 MENTAL HEALTH

HG can have a devastating impact on both the sufferer's physical and mental health. HG increases the risk of depression , PTSD and other mental health issues. If you are struggling with low mood, anxiety or suicidal ideation, it's important to reach out for help from trusted people.

3 EXECUTIVE FUNCTION

You may notice that you find it harder to focus and organise yourself while you are suffering with HG. Pregnancy impacts on our executive functioning and HG adds another layer of difficulty on top. Set up systems that help you organise yourself such as setting alarms to take medication.

4 SENSORY PROCESSING

Pregnancy can affect our sensory experience with heightened sense of smell and strange feelings in our bodies. This is further amplified by HG when our senses become distorted and hyper sensitive. Often sensory experiences are triggers for vomiting including screens, sounds and movement in addition to smells.

5 ADJUSTMENTS

You have the right to request reasonable adjustments from healthcare professionals in order to attend appointments, manage HG symptoms, reduce sensory overwhelm and communicate your needs. (Equality Act 2010) Consider what adjustments would help you most and ask for them as soon as you can.

6 INTEROCEPTION

Interoception is the sense of what is going on inside our bodies, such as pain, thirst or needing to use the toilet. For those who are Neurodivergent, interoception differences can make managing HG more challenging. For example, you may not recognise when you are hungry leading to increased nausea.

7 BEYOND PREGNANCY

Although symptoms stop for most people when the baby is born, the impact of HG can be long lasting. Many women and pregnant people who suffer with HG, feel the recovery takes longer than expected often finding the impact on their mental health feels most significant. PSS has a Specialist Counselling Service that can help so reach out for more information.

8 SUPPORT

HG can be a lonely experience. Building a strong support network around you is vital to maintaining your wellbeing. Consider who is in your support network and what they can do to help whether it's checking in by text, looking after your children or picking up a few things from the shops for you. It can all make a huge difference.