



# The 10 best TV shows to watch this week, from *Strike: Lethal White* to *Sheridan Smith: Becoming Mum*

## **Sheridan Smith: Becoming Mum**

**Tuesday 1 September, 9pm, ITV**



*Sheridan Smith: Becoming Mum* (Photo: True Vision Productions)

First time mum **Sheridan Smith** bravely let cameras follow her pregnancy, documenting her mental health struggles along the way. In this commendably candid film, we watch as the actor goes for her scans, attends pre-natal classes and even witness her conversations with a specialist therapist. Smith also looks back at her past, discussing how losses in her family and the scrutiny of celebrity have affected her mental health.