



1 in 5 women in Saskatchewan experience **depression during pregnancy (antenatal depression) or after pregnancy (postpartum depression).**

Are you enjoying pregnancy or being the mother of a new baby?

If you answered **“no”** to this question, you might be depressed.

Having several of the following symptoms for more than two weeks could mean you are depressed ...

- Less interest in things you usually like
- Crying for no reason
- Irritable, angry, or more sensitive
- More tired or hyper
- Not sleeping or sleeping too much
- Problems concentrating
- Not able to cope
- Anxious or panicked
- Thoughts of harming yourself, your baby, or others

If you think you might be depressed, talk to someone, ask for help.

For help, contact:

- A health care professional - your doctor, nurse, or midwife
- Healthline (anytime): **Phone 811**

Depression is **treatable** and **there is help!**

www.skmaternalmentalhealth.ca

Taking Care of You

- Be kind to yourself
- Ask for and accept help with baby and housework
- Keep active ... go for a walk
- Get enough sleep - at least 6 hours in a 24 hour period
- Eat healthy and regularly
- Avoid alcohol, tobacco, and other drugs
- Take medications as prescribed
- Try yoga or other activities to help you relax
- Look for a support group or other supports in your community
- Talk to a health care provider

Partners, family, and friends, you can also help ...

- Listen to her and support her feelings
- Ask her how you can help
- Encourage her to seek professional help
- Develop a relationship with the baby
- Educate yourself about maternal mental health

Partners can also experience depression ... it is important that they also get the support they need.

For more information, or to download this resource, visit:

Saskatchewan Prevention Institute

www.skprevention.ca

www.skmaternalmentalhealth.ca

For information about medications during pregnancy or breastfeeding call medSask 1-800-665-DRUG (3784) (Saskatchewan only) or 306-966-6378 (Saskatoon)

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