

## Mental Health



When you are pregnant, you will have many feelings. You may be worried or sad. Talk to someone you trust about the way you feel.

Your feelings and moods may change quickly during pregnancy. This is normal.

Some people experience depression during pregnancy.

Talk to someone you trust about the way you feel. A friend, family member, or partner can support you. A pregnancy support group is a good place to share the way you feel.

## When should you talk to your healthcare provider?

You should talk to your healthcare provider if:

- You feel down, sad, or worried for longer than seven days.
- You don't feel happy doing the things that used to make you happy.
- You are seeing or hearing things that are not there.
- You are thinking of hurting yourself.

Don't be afraid to talk to your healthcare provider. Mental health concerns are normal. Your healthcare provider will help you develop a plan to spot early warning signs. The earlier you are treated, the faster you will recover.



## How can people support you and your mental health?

- Talk with you about your feelings.
- Celebrate your pregnancy with you.
- Exercise with you.
- Help you avoid drugs and alcohol.
- Help you eat healthy foods.
- Attend medical appointments with you.

## What are maternal mental health concerns?

Having a baby is often a time of joy and excitement for a new mother, but this is not the case for all women. 1 in 5 women experience mental health concerns during or after pregnancy. Do not be ashamed if you experience mental health concerns. There is help available.

Learn about maternal mental health symptoms. Talk to your family and friends about the symptoms to watch for. They might be the first to recognize your symptoms. It is important to get help as soon as possible. Contact HealthLine 811 or talk to your healthcare providers. You can contact HealthLine by dialing 811 on your phone. It is confidential, free, and open 24 hours a day, 7 days a week. Translation is also available in over 100 languages. A registered psychiatric nurse or social worker will be available to listen to your concerns. They will help you manage your situation and connect you to services in your community.



Having several of the following symptoms for more than two weeks could mean you are depressed or have other mental health concerns.

- Having less interest in normal activities.
- Crying for no reason.
- Feeling grumpy, angry, or sensitive.
- Feeling more tired than usual.
- Having more energy than usual.
- Having problems sleeping or sleeping too much.
- Having trouble concentrating.
- Having difficulty coping.
- Feeling anxious or panicked.
- Thinking about hurting yourself, your baby, or others.
- Seeing things or hearing voices.

Maternal mental health concerns can be serious. They affect the health of the mother, baby, and others around them. Maternal mental health concerns will not go away by themselves. **Get help as soon as possible.**

## Have you had mental health concerns in the past?

If you have had mental health concerns in the past, tell your healthcare provider. You may be at risk of developing further mental health concerns during or after pregnancy. Your healthcare provider can help you and refer you to further supports and services.

If you are on medication for mental health concerns, do not stop taking it. Talk to your healthcare provider. The dose of your medication may be changed, or you may be switched to another medication that is safer in pregnancy.

