

# Maternal/Perinatal Mental Health

## Information and Supports

During pregnancy, you may experience many different feelings. You may feel worried or sad. It is important to talk to someone you trust about the way you feel.

It is normal for your mood to change quickly during and after pregnancy. Research has shown that many people report feelings consistent with postpartum depression (PPD) and/or anxiety during and after pregnancy. If you are having these feelings, you are not alone. Around 1 in 5 people experience maternal and perinatal mental health issues.

You should talk to your healthcare provider if:

- You feel down, sad, or worried for longer than seven days.
- You do not find joy in the things that usually make you happy.
- You are hearing or seeing things that are not there.
- You are thinking of hurting yourself and/or others.

**Call 911 if you are having thoughts of hurting yourself and/or others.**

Talk to your healthcare provider with any concerns you may have during or after pregnancy. Your healthcare provider can help you identify warning signs and develop a plan with the appropriate supports.

**For a list of supports in Saskatchewan and Canada, see the next page.**

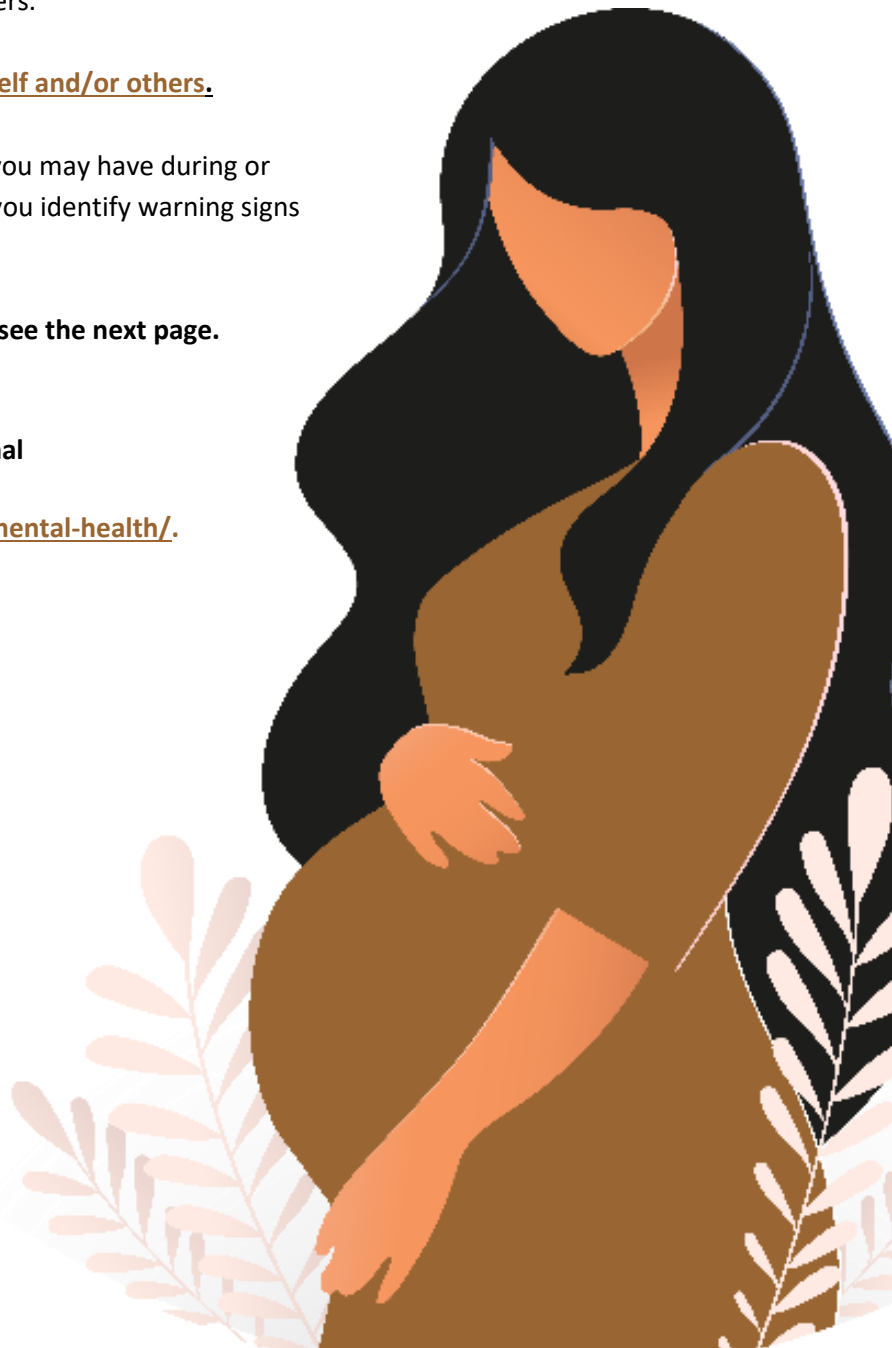
**For more detailed information and a list of additional resources and supports, visit**

**<https://skprevention.ca/mental-health/maternal-mental-health/>**

Scan the QR code below to visit this website.



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**preventioninstitute**  
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You can also contact the following organizations for help and support.

In Saskatchewan	
Organization	Contact Information and Hours of Operation
<p><b>HealthLine 811</b> It is a free, 24-hour confidential telephone service. You can call HealthLine 811 at any time during your pregnancy or after the birth of your baby to talk to a mental health professional or registered nurse, without a referral.</p> <p>HealthLine811 also operates the <b>Maternal Wellness Outbound Call program</b>. Those at risk for or are already experiencing postpartum depression and/or anxiety can access help from clinicians over the phone. This includes people who have experienced pregnancy or child loss. Call your nearest Public Health Office for a referral.</p>	<p>Call 811 or 1-877-800-0002 Available 24 hours a day, 7 days a week</p> <p>Individuals with deafness and hard of hearing can use the SaskTel Relay Operator Service at 1-800-855-0511 to access 811.</p>
<p>* <b>Call or text 211</b> or visit <a href="https://sk.211.ca/">https://sk.211.ca/</a> for information about other maternal/perinatal mental health services and local resources.</p>	
Across Canada	
<p><b>Canadian Suicide Prevention Services</b> Help is available for suicide crisis and prevention across Canada.</p>	<p>Call 1-833-456-4566 Available 24 hours a day, 7 days a week Text 45645 (4 p.m. to 12 a.m. Eastern Standard Time)</p>
<p><b>Kids Help Phone</b> Free support service that offers professional counselling, information and referrals, and volunteer-led, text-based support to young people in both English and French. Also provides support to teens and young adults dealing with maternal mental health concerns during and after pregnancy.</p>	<p>Call 1-800-668-6868 Text "CONNECT" to 686868 Internet Chat: <a href="http://www.kidshelpphone.ca/live-chat">www.kidshelpphone.ca/live-chat</a> Available 24 hours a day, 7 days a week</p>
<p><b>Hope for Wellness</b> Mental health counselling services are available to all Indigenous people across Canada via phone and internet chat. Services are offered in both English and French. On request and when available, telephone support is also provided in Inuktitut, Cree, and Ojibway (Anishinaabemowin) languages.</p>	<p>Call 1-855-242-3310 Internet Chat: <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a> Available 24 hours a day, 7 days a week</p>

