



1 in 5 people experience **mental health issues** during or after their **pregnancy**.

Are you enjoying pregnancy or being a parent?

If you answered **“No”** to this question, talk to someone you trust about the way you feel.

It is common to feel a range of emotions during pregnancy and after child-birth. Having 5 or more of the following symptoms for more than 2 weeks could mean you are depressed or need additional help and support.

- Lacking interest in the things you used to care about
- Feeling sad, worthless, anxious, or guilty
- Crying more than usual
- Having difficulty concentrating
- Being very irritable
- Experiencing frequent mood swings
- Feeling very tired or restless
- Sleeping more or less than usual
- Eating more or less than usual
- Having thoughts of death or suicide

If you are having these feelings, you are not alone. **Help is available!**

Contact:

- **911** if you are having thoughts of harming yourself, your baby, or others
- A healthcare professional – your doctor, nurse, or midwife
- **Healthline** (anytime): **Phone 811**

For more detailed information and a list of supports, scan the QR code:



 **MotherFirst** 

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our goal is **healthy** children

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