

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

**Healthline 811**

- Call 811 or 1-877-800-0002  
Available 24 hours a day, 7 days a week
- Individuals with deafness and hard of hearing can use the SaskTel Relay Operator Service at 1-800-855-0511 to access 811.

**Call or text 211 or visit**

**<https://sk.211.ca/>** for information about other maternal/ perinatal mental health services and local resources.

**Canadian Suicide Prevention Services**

- 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)

**Kids Help Phone**

- Call 1-800-668-6868 - Available 24 hours a day, 7 days a week
- Text "CONNECT" to 686868
- Internet Chat:  
[www.kidshelpphone.ca/live-chat](http://www.kidshelpphone.ca/live-chat)

**Hope for Wellness**

- Call 1-855-242-3310 - Available 24 hours a day, 7 days a week
- Internet Chat:  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**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.



saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

FOR MORE INFORMATION, CONTACT:  
**Saskatchewan Prevention Institute**  
1319 Colony Street  
Saskatoon, SK S7N 2Z1  
Bus. 306-651-4300

**WHAT HAVE YOU  
HEARD ABOUT**  
*Maternal  
Mental Health?*



## Maternal/Perinatal Mental Health

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.

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

## You should talk to your healthcare provider if:

- You feel down, sad, or worried for longer than 7 days.
- You do not find joy in the things that usually make you happy.
- You are experiencing frequent mood swings.
- You are hearing or seeing things that are not there.

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



All parents, including partners, can experience mental health issues before and after the arrival of a baby as well. Seek help if you are having these concerns.

## When parents take care of themselves, they take better care of their newborn. Here are a few things you can try.

- ✓ Eat well, get enough rest, take breaks, and do something fun or relaxing.
- ✓ Talk about your feelings and concerns with someone you trust.
- ✓ Ask for help.
- ✓ Join a peer-led or nurse-led support group online or in person.
- ✓ Get counselling or therapy, either one-on-one or in a group.
- ✓ Talk to your healthcare provider about taking medications.

If you have had mental health concerns in the past, be sure to tell your healthcare provider.