



Maternal Mental Health

Maternal Mental Health Screening

1 in 5 people experience mental health issues during or after their pregnancy. Screening is important for helping people get the support they need.

Since May 2019, a combined screening tool has been used in Saskatchewan. It includes the EPDS (Edinburgh Postnatal Depression Scale), the WAST II (Women Abuse Screening Tool II), and the T-ACE Screening Tool for Alcohol. The EPDS care guide is also provided.

To access this screening tool, visit:

<https://www.ehealthsask.ca/services/resources/Resources/EPDS-screening-2019.pdf> or scan the QR code to the right.

