

# PERINATAL MENTAL HEALTH



## DID YOU KNOW?

- 75% of mothers who experience maternal mental health will go untreated
- Mothers who experience perinatal mental health concerns are at greater risk of depression and anxiety
- 1 in 7 mothers will experience perinatal depression

## WHAT CAN HAPPEN?

- Poor Nutrition
- Substance Abuse
- Negative Interactions With Baby
- Breastfeeding Challenges
- Less Responsive to Baby's Cues



- Low Birth Weight
- Pre-Term Birth
- Excessive Crying
- Impaired Parent-Child Interactions



## H.U.G. A MOM TODAY



Ask them **HOW** they are really doing.  
**UNDERSTAND** how important their job is.  
**GO** with them to seek help.

## WHAT CAN YOU DO?

- The Edinburgh Postnatal Depression Scale can help you determine your risk for postpartum depression
- Take care of your body
- Get lots of good sleep
- Eat right and exercise
- Ask for help
- Do things that you love



**LEARN MORE**



Postpartum Support International  
1-800-944-4773 (#1 English #2 Español)  
[www.postpartum.net](http://www.postpartum.net)  
Text HELP to 800-944-4773 (Español 971-203-7773)



SAMHSA National Helpline  
1-800-662-HELP (4357)  
[www.samhsa.gov](http://www.samhsa.gov)

Scan this QR code to learn more and find additional resources!

