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

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

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.

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