

# GIVE A MOTHER A HUG TODAY

Understanding and Supporting  
Perinatal Mental Health (PMH)

## WHAT IS PMH?

Perinatal Mental Health (PMH) refers to the whole state of well-being that a person experiences during pregnancy and the entire first postpartum year.



## SIGNS & SYMPTOMS



While pregnancy and birth can be the happiest times in a person's life, they can also be filled with depression and anxiety. Stigma about mental health and motherhood often prevent moms from seeking treatment for perinatal depression and anxiety.

Common symptoms include: depressed mood, irritability, weight changes, sleep problems, and guilt.

## SOLUTIONS: H-U-G

1. Ask her **HOW** she's doing.
2. Tell her you **UNDERSTAND** how important and hard it is to be a mother.
3. Offer to **GO** with her to seek help.



## RESOURCES



SCAN ME



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

Please Don't Let Our Mothers Suffer in Silence Any Longer