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

Mountain Plains (HHS Region 8)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration