



Maternal Mental Health

**1 in 5 women in
Saskatchewan experience
depression during or
after pregnancy.**

Are you enjoying pregnancy or being the mother of a new baby?

If you answered “No” to this question, you might be depressed.

**Having several of the following symptoms for more than two weeks
could mean you are depressed ...**

- Less interest in things you usually like**
- Crying for no reason**
- Irritable, angry, or more sensitive**
- More tired or hyper**
- Not sleeping or sleeping too much**
- Problems concentrating**
- Not able to cope**
- Anxious or panicked**
- Thoughts of harming yourself,
your baby, or others**

**If you think you might be depressed,
talk to someone, ask for help.**

Contact:

- **A health care professional -
your doctor, nurse, or midwife**
- **Healthline (anytime): Phone 811**

**Depression is treatable and
there is help!**

www.skmaternalmentalhealth.ca



 **UNIVERSITY OF
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**saskatchewan
preventioninstitute**
our goal is **healthy** children

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