



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](http://www.skmaternalmentalhealth.ca)



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**preventioninstitute**  
our goal is **healthy** children



Saskatchewan  
Psychiatric  
Association

 **MotherFirst** 