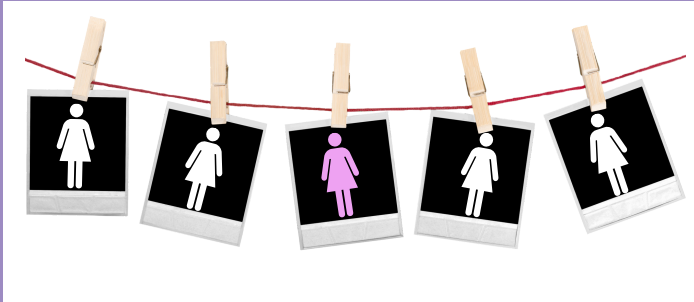


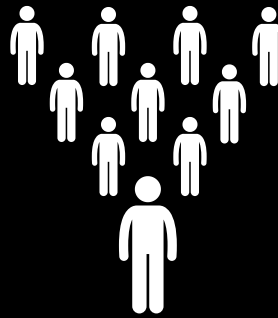
# PERINATAL MENTAL HEALTH MATTERS

Perinatal Mental Health includes the emotional, social, and mental well-being of the mother and family during pregnancy and throughout the first year after giving birth. This period can bring a wide range of feelings, and caring for your mental health is just as important as caring for your physical health.



**1 in 5** women experience depression or anxiety during pregnancy or in the first year following pregnancy.

## NOT JUST MOMS



**1 in 10**  
Dads experience depression or anxiety after the birth of their child.

## Signs and symptoms to watch for:

If you're experiencing any of the following symptoms for more than 2 weeks, you may be dealing with a perinatal mental health condition such as postpartum depression or anxiety.

- Persistent feelings of **guilt, shame, or hopelessness**
- **Anger, irritability, or rage, or scary and unwanted thoughts**
- **Lack of interest in your baby** or difficulty bonding
- Loss of **interest, joy, or pleasure** in activities you once enjoyed
- Changes in **sleep or appetite** (too much or too little)
- **Frequent crying**, sadness, constant worry, or racing thoughts
- Physical symptoms such as **dizziness, hot flashes, or nausea**
- **Thoughts of harming yourself or your baby**

\*If these symptoms sound familiar; it's important to speak with your healthcare provider.

**You're not alone and help is available.**  
Getting help is a sign of strength - not weakness.

**You're not alone. For support and resources:  
Call or text 'HELP' - 800.944.4773**

For more perinatal mental health resources visit:

[YourHealthyFamily.org](http://YourHealthyFamily.org)

Source: PSI - [postpartum.net/perinatal-mental-health/](http://postpartum.net/perinatal-mental-health/)

**Healthy Families**  
PARTNERSHIP  
of Douglas County