GET HELP

Symptoms of perinatal mental illness:
- persistent worry
- obsessive or compulsive behaviours
- abrupt mood swings
- little interest in normal things
- withdrawing from friends and family
- finding it difficult to focus
- having thoughts of death or suicide
- anxiety, panic attacks
- changes in appetite: under or overeating
- sleep problems unrelated to the baby’s needs
- loss of confidence and lowered self-esteem
- intrusive thoughts of harm to yourself or baby

If you are experiencing any of these symptoms, speak to your health care provider. Ask to be screened for a perinatal mental illness which can include prenatal or postpartum depression, anxiety, OCD, bipolar disorder, or psychosis. Go to your nearest emergency room if you are having thoughts of harming yourself or your child.

TAKE ACTION

Join the CPMHC and let’s work together to improve perinatal mental health care in Canada!

Sign up at:
www.cpmhc.ca

Follow us:

Email:
canpmhc@gmail.com

JOIN US!
Our mission is to get the federal government to create a national perinatal mental health strategy that will provide direction, policy, and funding for improvements to perinatal mental health care including universal screening and timely access to treatment for women and men during pregnancy and the postpartum period.

In Canada and worldwide, 20% of women and 10% of men suffer from a perinatal mental illness. Perinatal Mood and Anxiety Disorders (PMADs) are the most common obstetrical complication making it a significant public health concern. Despite limitations in Canadian data, suicide is the fourth leading cause of maternal death, with one in 19 maternal deaths in Ontario attributed to suicide.

Poor mental health affects the expectant and new mother’s overall emotional and physical well-being, but also impacts unborn, newborn and developing children, partners, family, friends and society as a whole. Exposure to adverse childhood experiences, of which parental depression is one, results in high levels of toxic stress on a child’s developing brain that increases the likelihood of poor mental and physical health outcomes later in life.