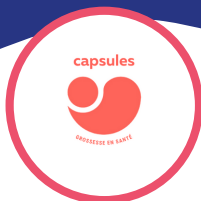


HEALTHY PREGNANCY



Uniting Mind and Womb!

Let's talk mental health during
pregnancy.



In collaboration with:



Visit us:

<https://www.healthypregnancyhub.ca/>

Mental Health Is Also Important During Pregnancy

It is not always easy...

Pregnancy is an adventure that brings big changes in your life.

It can lead to:

- Questions
- Anxiety
- Stress

It is normal... until it is not.



Is it common?



In Canada, **1 in 5 women** suffer from anxiety or depression during or after pregnancy.



Mental health is just as important as physical health.

How To Recognize the Signs Of Anxiety And Depression?

Symptoms can be felt in:

Body

- Increased **heart rate** or **breathing**
- Changes in **appetite** or **sleep**
- Excessive **fatigue**
- Pressure or **discomfort** in your **chest** or **throat**



Mind

- Imagining **worst case scenarios**
- Rumination, **obsessive thoughts**
- Confusion, brain fog
- Brooding
- Loss of interest
- Feeling of **sadness**



Actions

- **Avoidance** of certain **situations/** **places/people**
- Strong **need** to be in **control**
- Seeking **reassurance** constantly

Mental health is different for each person.

Worrying About Mental Health Or Not?

When should you worry?

If your anxiety or depression symptoms are **interfering** with your **daily functioning**

OR

last for **more than 2 weeks**



Talk to your healthcare team;
they are here to help.

Why is it important?

Anxiety and depression not only affect the well-being of the expectant mother, **they can also:**



Increase risk of **premature birth** and pregnancy complications

Increase risk of **postpartum depression**



Interfere with the **bond** between mother and baby

Increase the risk of **cognitive disorders** for your child.



**Wellness plan is different
for each person.**

What Can You Do?

1st step: Plan

Talking with your partner, family and healthcare team can help you:

Recognize
your **signs**
when things
aren't going
so well



Make a
mental health
care plan
early in
pregnancy.

2nd step: Take care of yourself

It is important to make time for yourself.
Your health is just as important as the
health of your baby.



Balanced
diet



Breathing
exercises



Plenty of
sleep



Physical
exercise



Mindfulness
activities



Psychotherapy

3rd step: Medication

Some **antidepressants** can be taken **while**
you are **pregnant**. Talk to your healthcare
team for more information about the
different options available.



**There is no evidence of
long-term effects on the
baby.**

**** Always talk to your doctor or health care
professional before you make any changes
to your medicines.**

Healthy mom, healthy baby!

Where Can You Get Help?

Different resources are available:



In person: At the psychosocial reception desk of your local health center or at the emergency department of your local hospital



By phone: Info-Social: **811**,
Community and social resources: **211**,
LigneParents: **1 800 361-5085**,



Online: Social and community resources: **www.211.ca**,
Gouvernement of Canada: **<https://www.canada.ca/en/public-health/services/mental-health-services.html>**

Visit us for
more
information !



<https://www.healthypregnancyhub.ca/>



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