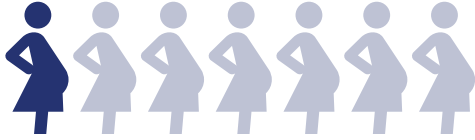




# Parental Mental Health Matters



**1 IN 7 WOMEN** experience mental health conditions during pregnancy and after giving birth.

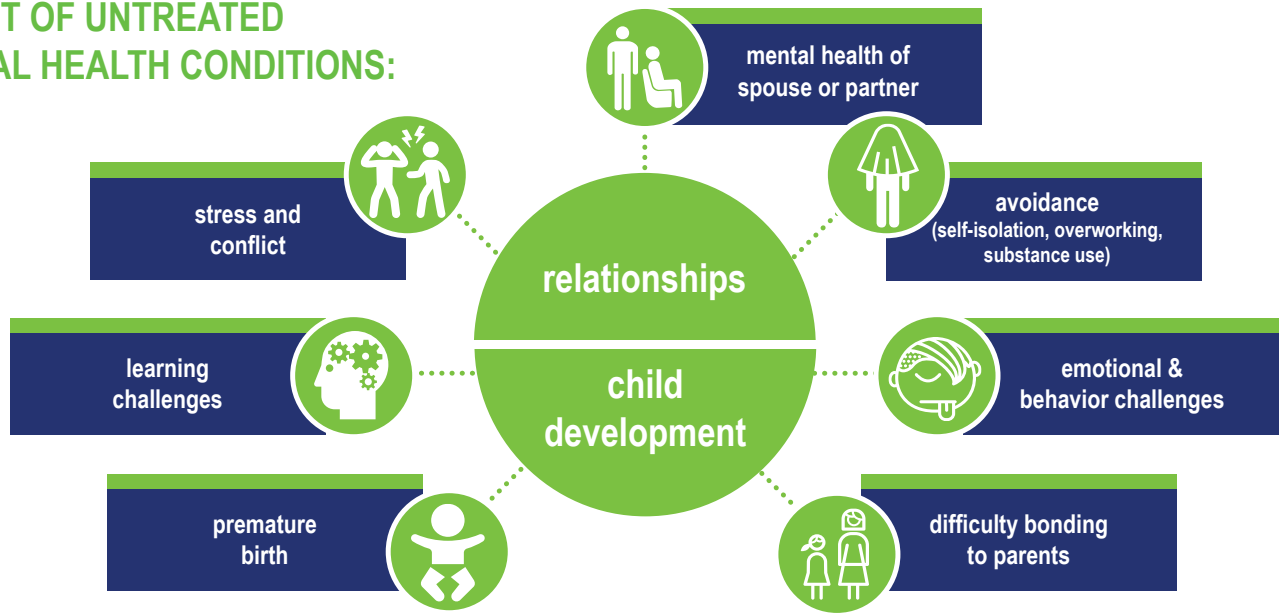


**1 IN 10 MEN** experience mental health conditions during their partner's pregnancy and after her giving birth.

## RISK FACTORS INCLUDE:

<p>lack of social &amp; community support</p>	<p>financial stress</p>	<p>previous or family history of mental illness</p>	<p>life stress</p>	<p>sexual trauma or abuse</p>	<p>history of pregnancy or birth complications</p>	<p>birth of multiples</p>
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## IMPACT OF UNTREATED MENTAL HEALTH CONDITIONS:



## HOPE:

You are NOT alone.	There is HOPE.	Perinatal Mood and Anxiety Disorders are TEMPORARY AND TREATABLE. Seeking support from professionals is an act of courage.
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**Get help from your health care provider OR call the Perinatal Support Warm-line 1.888.404.7763**

## IF YOU EXPERIENCE:

<p>lack of interest in things you enjoy doing</p>	<p>severe mood swings</p>	<p>intense anger, worry or sadness</p>	<p>difficulty bonding with baby</p>	<p>isolation from friends &amp; family</p>	<p>intrusive &amp; obsessive thoughts</p>
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