Parental Mental Health Matters

RISK FACTORS INCLUDE:
- lack of social & community support
- financial stress
- previous or family history of mental illness
- life stress
- sexual trauma or abuse
- history of pregnancy or birth complications
- birth of multiples

IMPACT OF UNTREATED MENTAL HEALTH CONDITIONS:
- mental health of spouse or partner
- stress and conflict
- avoidance (self-isolation, overworking, substance use)
- learning challenges
- emotional & behavior challenges
- premature birth
- difficulty bonding to parents

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.

Get help from your health care provider OR call the Perinatal Support Warm-line 1.888.404.7763

IF YOU EXPERIENCE:
- lack of interest in things you enjoy doing
- severe mood swings
- intense anger, worry or sadness
- difficulty bonding with baby
- isolation from friends & family
- intrusive & obsessive thoughts

Sources:
Bhat A., Maternal Child Mental Health: Bridging the Gap. 2019
Postpartum Support International: https://www.postpartum.net
Perinatal Support Washington: http://perinatalsupport.org/