

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>

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