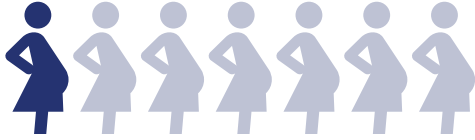




# Parental Mental Health Matters



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

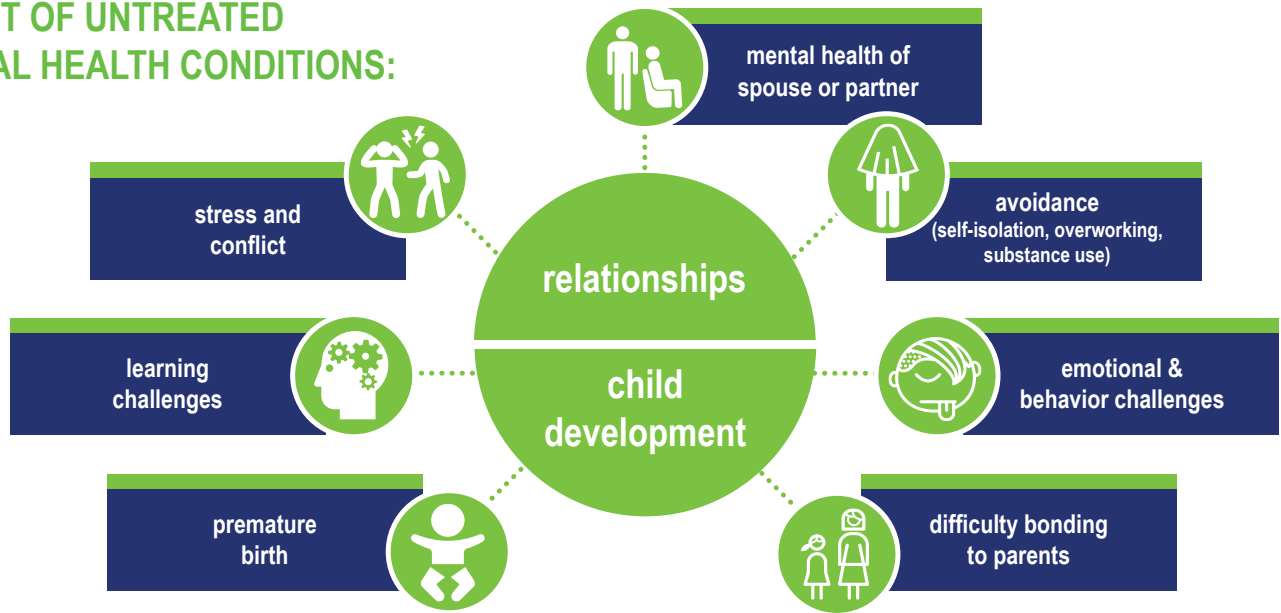


1 IN 10 MEN experience mental health conditions during their partner's pregnancy and after her giving birth.

## 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.

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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To Find Help, Visit [citymatchnear.org/pmh/](http://citymatchnear.org/pmh/) or Scan Here



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