

Do you feel ...

- Sad
- Anxious
- Guilty
- Worried
- Alone
- Panicky
- Frustrated
- Unfocused
- Angry

Do any of these sound familiar ...

"I feel like everything is crowding in on me."

"I shouldn't feel this way."

"I feel like I'm going crazy."

"I don't feel like myself anymore."

"I expected things to be different."

"I can't stop myself from worrying about the baby"

You may be experiencing a Perinatal Mood or Anxiety Disorder ...

Prenatal Anxiety - Women may have frequent worries about many things and may experience difficulty sleeping, muscle tension, and fatigue. Women may also experience panic, obsessions, or compulsions.

Prenatal Depression - Women may feel sad, angry, or anxious while being pregnant. If depression is left untreated, it will likely get worse once the baby is born and can lead to postpartum depression.

Bipolar Disorder - Pregnant women can also experience mood swings, between highs and lows. Unlike the symptoms of depression, "mania" would be described as high energy, a need for less sleep, racing thoughts, and inappropriate or agitated behaviour.

You are not alone.
You won't always
feel this way.
There is help.

You are not alone.

It can happen to anyone. Approximately 15 – 20% of pregnant women experience a mood or anxiety disorder.

You won't always feel this way.

Feelings of shame, guilt and fear of being labeled mentally ill prevent many women from talking to their family or health care professional.

Lack of awareness or knowledge about perinatal mood and anxiety disorders causes many people to deny the seriousness of what they are experiencing.

The causes are not fully known.

Hormonal, biochemical, and psychological changes can affect a prenatal woman's mood.

Personal or family history of depression or mental illness increases the risk of perinatal mood and anxiety disorders.

Isolation, lack of support, and stress can affect a prenatal woman's mental health.

Previous experiences of emotional, physical, or sexual abuse may be a factor.

What you can try ...

- Seek help early in your pregnancy
- Reach out to your health care professional about what recovery options are available
- Learn about perinatal mood and anxiety disorders
- It is okay to rest during the day
- Try to eat nourishing food
- Talk to someone who will really listen
- Limit the time you spend with people who make you anxious
- Try to exercise or go for a walk

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There is help.

Mother Reach

519-672-HOPE (4673)

Health Care Professional

(family doctor, midwife, nurse practitioner,
public health nurse)

London Mental Health Crisis Service

519-433-2023

Local Hospital Emergency Department

www.helpformom.ca

www.postpartum.net

www.womensmentalhealth.org

www.postpartum.org

www.motherisk.org

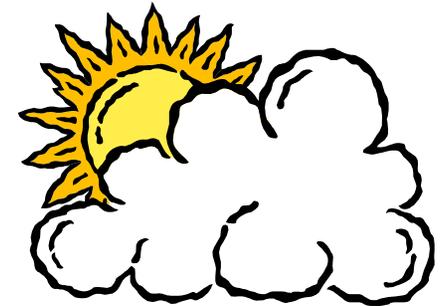
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The Pregnancy Blues

Why am I not happy?



**Perinatal Mood & Anxiety
Disorders**