

# Perinatal Mental Health in Hastings Prince Edward

## The most common complication of childbirth



Perinatal Mood Disorders (PMDs) include anxiety, depression, and postpartum psychosis.

PMDs can occur at **any time during pregnancy or within the first year after the birth of a baby**. This is an important time for mental health in a family.

PMD symptoms vary and can include:



- Having less interest or enjoyment in things
- Feeling sad most of the time
- Feeling anxious or worried
- Changes in appetite, energy, sleep and concentration

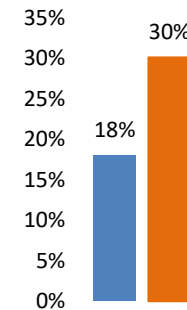


In Ontario, an estimated **\$20 MILLION** is spent each year on complications from untreated **prenatal depression**.

## Maternal Mental Health Concerns During Pregnancy

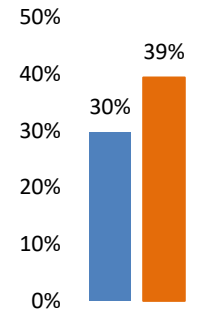


### Overall



HPEPH

### Under 25 Years of Age



Ontario

## What we can do:

- Decrease stigma
- Increase awareness
- Increase access to mental health services
- Support new parents



Data sources: PHO Snapshot (2017)

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