



**What do you enjoy about pregnancy or being a new mom?**

**If you said “nothing” you might be depressed**

**You are not alone ... 1 in 5 women in Saskatchewan experience depression in pregnancy or postpartum**



## Symptoms of depression

- Less interest in things you usually like
- Crying for no reason
- Irritable, angry, or more sensitive
- More tired or feeling hyper
- Not sleeping or sleeping too much
- Problems concentrating
- Not able to cope
- Anxious or panicked
- Thoughts of harming yourself, your baby, or others



# Maternal Mental Health

**If you think you might be depressed:**

- **Talk to someone**
  - your doctor, nurse, midwife, family, friends or support worker
- **Call the Healthline at 1-877-800-0002**



[www.skmaternalmentalhealth.ca](http://www.skmaternalmentalhealth.ca)