

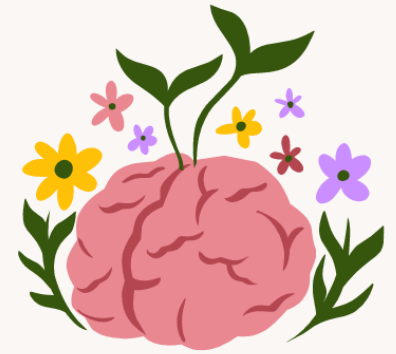


Mental Health During Pregnancy and Lactation

- Approximately 1 in 5 pregnant individuals and new parents experience mental health issues such as depression and anxiety
- In the postpartum period, about 4 out of 5 people experience mild “baby blues”. If symptoms are causing difficulties or are not improving see your healthcare provider

Am I more at risk for mental health conditions during pregnancy or lactation?

- Mental health issues may start before pregnancy, during pregnancy or in the early months after delivery
- The risk for mental health conditions starting during pregnancy is not higher than before becoming pregnant
- The early months after delivery are a high-risk period for new-onset mental health conditions, or relapse of existing mental health conditions
- People who are marginalized, racialized, struggle with mental health issues and/or other adversities are at a higher risk
- If you think you are at risk, make sure you are getting the support you need



Treatment Options during Pregnancy and Postpartum

- Peer support and guided self-help
- Therapy
- Medications



Can I continue my medications during pregnancy and lactation?

- Many medications used for mental health conditions have been studied and can be continued during pregnancy
- Decisions about whether to start or continue a medication while pregnant or during lactation need to be made together with a healthcare provider

If you are experiencing emotional changes in pregnancy and/or postpartum, speak to your health care provider to get the support and help that you need.

For more information visit <https://firstexposure.ca/mental-health-in-pregnancy-and-lactation/> or scan the QR code.



This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.

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