

YOUR FEELINGS MATTER

HOW TO TAKE CARE OF YOUR MENTAL HEALTH WHEN YOUR FAMILY IS GROWING

Having a baby is a significant, life-changing event. It is common to feel anxious, teary, overwhelmed, and exhausted during pregnancy and within the first few weeks after your baby is born. Adjusting to becoming a parent, changes in hormones, physical recovery, and lack of sleep all have an impact on how you're feeling and your ability to cope. These feelings and experiences tend to improve after several weeks; however, for some this can develop into post-partum depression and/or anxiety.

1 in 5 birthing parents, and 1 in 10 of non-birthing parents, have been reported to experience mental health concerns in the perinatal period. The Perinatal period is the period of time from trying to conceive up to and including a child's first year of life.

Perinatal mental health concerns are common and can happen for anyone; however, they often improve with treatment. It is important to be open with your Primary Care Physician, Midwife, Obstetrician or other health care providers about how you are doing.

WHAT YOU CAN DO:

Adjust expectations of yourself and others, take care of your own physical needs (rest, eating well) as best you can, and ask for help from family, friends, and medical professionals.

WHAT WE OFFER

STAR Family Health Team can provide mental health support to both the birthing and non-birthing parents. STAR Mental Health Clinicians can provide therapy, as well as information and referrals to community programs. To schedule an appointment, please call 226-779-5550 and mention that you are struggling in pregnancy or postpartum. In-person, phone and virtual appointments are available.



On our website, we have added a list of possible resources to support you during this time. Please scan the QR code for a direct link

QR Code

For immediate mental health support that is available 24/7:

Perth/Huron Counties: 1-888-827-7487

Oxford County: 1-866-933-2023

Waterloo Region: 1-844-437-3247