

You are having a baby and you have experienced a mental health challenge in your life. Many people have mental health concerns and parent every day. This resource was written for you by new parents who also have a mental health challenge and want to offer you a few ideas that have helped them.



MOMS are important and your mental health matters during pregnancy just like your physical health. Make sure all the people involved in caring for you have all the info they need to do this well. It is really important.



TALK to your Doctor/Midwife about your mental health challenges, history, meds, and any treatment happening now (or recently). If your partner has, or has had, mental health challenges, it is important that they also share their history and any concerns or questions they might have with your Health Care Provider. Both parents matter.



TALK to a Genetic Counsellor if you are interested in learning more about

the causes of your and/or a family member's mental illness or if you have any concerns about potential risks for your baby. See resource list for contact info.



ASK your Doctor/Midwife if there is anything that you need to know about your mental health and prenatal care. Talk with your doctor before changing or stopping any meds, make an informed decision. If you do change your meds, make sure to tell those around you about the changes.



ASK your Doctor/Midwife to include a mental health check at your monthly pre and post-natal appointments.



BOTH PARENTS need to talk openly to each other so both feel understood and supported.



TALK to your Counsellor/Therapist and tell them you are pregnant. Have a conversation and talk about what you might need to think about and do to take care of your mental and physical health during pregnancy, and after.



TALK to your partner and/or support person about the social, emotional, physical and economic changes you are experiencing.

TAKING CARE OF YOU AND BECOMING A PARENT

Becoming a parent is a big deal! It is exciting but can also feel overwhelming to have a baby and raise a child. Creating a support system while you are pregnant is a great idea for every new parent and can really help if you are starting to struggle with your mental health. We all need people in our lives to help us out and it is important to make sure there are people who know you, who can help with baby and that you can talk to about how you are doing and what you need.



People love to help. Let people help. Eat as well as you can. Get outside, when possible. Tell someone right away if you need help. You are important and it is okay to need help.

People you can talk to: family doctor, midwife, public health nurse, psychiatrist, family, and friends.