

Mental health & well-being

Before & after your baby is born

10 to 20% of people have symptoms of anxiety or depression when they are pregnant or after their baby is born.

If you are pregnant or have had a baby within the past year, you might notice changes to your mood.

Get help if you have concerns about your mood for more than 2 weeks. Some things to look for are:

- Feeling sad or crying more than usual
- Feeling angry or irritable
- Feeling worried or overwhelmed
- Not enjoying things you used to enjoy
- A change in how much you sleep or eat
- Thoughts of hurting yourself or your baby



If you are seeing things others can not see, hearing voices, or, thinking about hurting yourself or someone else, see a doctor right away or call 911.

What can you do?

Some ways to take care of your self are:

- Eating healthy foods
- Being active
- Getting sleep
- Doing things you enjoy
- Spending time with family and friends
- Going to places like EarlyON Child and Family Centres and libraries to connect with other families

Where can you get help?

Talk to a health care provider or someone you trust about your thoughts and feelings. Other places to get help:

If you are looking for treatment:

- Women's Health Concerns Clinic, via connect, 905-522-1155, Ext. 36499
- Catholic Family Services, 905-527-3823

If you are in crisis:

- COAST Crisis Line 24/7 Telephone Support, 905-972-8338
- Mobile Crisis Rapid Response Team, 911

If you want a volunteer to support you when your baby is under 6 months:

- YWCA Hamilton Good Beginnings Program 905-522-9922, Ext. 310



Hamilton



Health Connections 905-546-3550



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