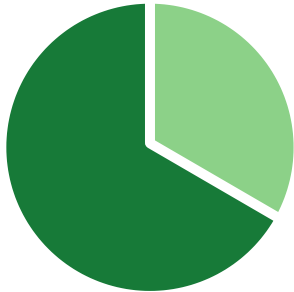


Mental Health Prior to Pregnancy

MAY IS MENTAL HEALTH AWARENESS MONTH



Recent literature has showed about **1 in 3** pregnancies were impacted by mental health conditions in the preconception period.

Focusing on mental and emotional health before embracing parenthood can help individuals manage stress, address any underlying mental health concerns, and ensure they are emotionally ready for pregnancy and parenting.

Changes in a new parent's sense of self or identity, changes in relationships, and physical changes, such as weight gain, can compound existing mental health conditions or concerns.

Guiding Questions to Assess Preconception Mental Health

A great place to start when gauging one's mental and emotional state prior to pregnancy is with these guiding questions:

1. Am I emotionally ready to handle the challenges that come with pregnancy and parenthood?

These may include financial challenges, decisions about long-term life goals, and parenting with a partner

2. What will I do if I feel my mental health is getting worse?

3. What resources are available if I need mental health care?

4. Do I feel supported by my partner? Family? Friends?

5. What kind of support can I access after my baby is born?

Consider new parent groups, mental health support groups, free or low-cost mental health clinics

6. How do I usually cope when difficulties arise?

7. Do I feel overwhelmed with my current work/school-life balance?

8. Do I have access to mental health resources?

