

Maternal Infant Program and Perinatal Psychiatry

Pregnancy and the time after the birth of a child are assumed to be among the happiest times in a woman's life. Yet, as many as 15-20% of women will develop a mental illness during pregnancy or in the first year after childbirth, often feeling significantly distressed and unable to cope.

Pregnancy and Postpartum Mental Health Disorders

If you are currently pregnant or have had a baby in the past year and are concerned about any of the following symptoms, you may have a perinatal mental disorder:

- Depressed and/or irritable much of the time
- Bouts of crying
- Sleep disturbances
- Loss of appetite
- Anxiety or panic attacks
- Fatigue, apathy, loss of energy
- Loss of self-esteem, self-confidence
- Poor concentration
- Avoiding going out
- Frightening intrusive thoughts
- Obsessive thoughts or behaviours
- Negative feelings about motherhood
- Negative feelings towards the baby
- In severe cases, suicidal thoughts or attempts

More Information

If you would like more information about getting help for perinatal psychological problems, please speak to your obstetrical nurse, obstetrician, family physician or midwife.

For more information about the Perinatal Mental Health Program, please contact Will Smid at 416-586-4800, ext. 8325 or by email at wsmid@mtsinai.on.ca.