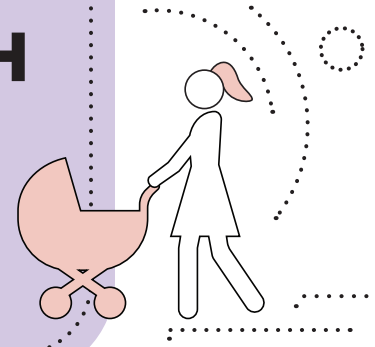
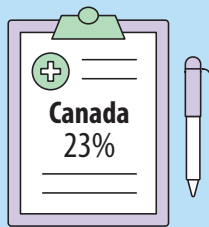


MATERNAL MENTAL HEALTH IN CANADA

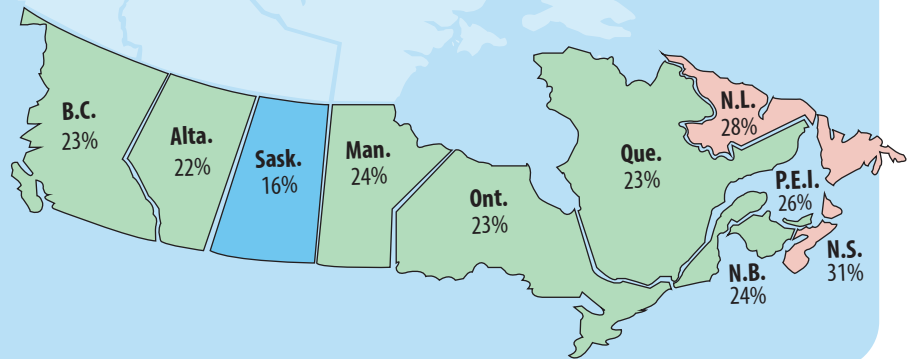
The 2018/2019 Survey on Maternal Health provides a snapshot of the mental health of mothers who recently gave birth in Canada.



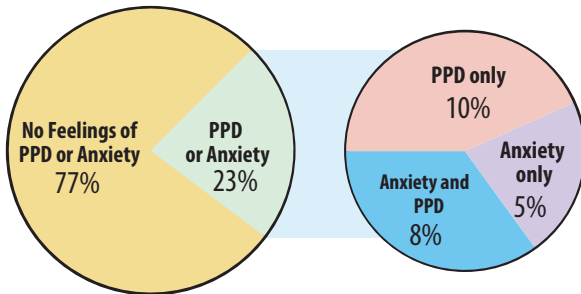
Percentage of mothers reporting feelings consistent with post-partum depression (PPD) or an anxiety disorder.



■ Higher than national average
■ Similar to national average
■ Lower than national average
 Note: No data available for the territories



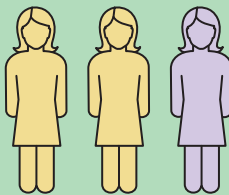
Percentage of mothers reporting feelings consistent with:



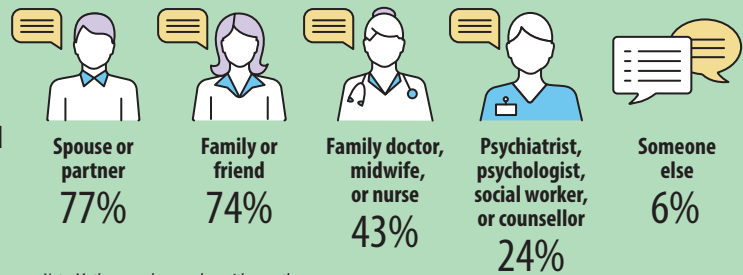
Signs of depression or anxiety in new mothers may appear within the first year after birth and can last months or years. These signs include feelings of sadness, worry, and tiredness. Unlike “baby blues,” these feelings are more intense and longer lasting, and may not resolve on their own.

— Centre for Addiction and Mental Health (CAMH)

Percentage of mothers concerned about their mental health
33%



85% of concerned mothers talked to someone including:



Note: Mothers may have spoken with more than one source

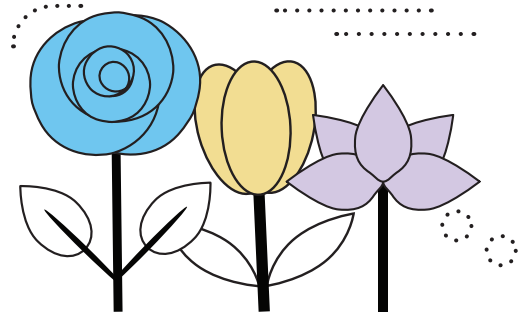
Self-rated mental health of mothers

■ Excellent or very good
■ Good
■ Fair or poor

Among mothers who did not report feelings consistent with PPD or an anxiety disorder:



Among mothers who reported feelings consistent with PPD and/or an anxiety disorder:



Source: Survey on Maternal Health 2018/2019.

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