

When to seek support?

- Difficulty adjusting to parenthood
- Loss of pleasure in life
- Fearful
- Difficulty coping
- Irritability or anger
- Excessive worry
- Crying for no reason
- Overwhelmed
- Loneliness
- Difficulty remembering things
- Anxiety
- Panic Attacks
- Decreased concentration
- Mood Swings
- Feelings of Hopelessness
- Decreased motivation
- Feeling emotionally numb
- Guilt
- Thoughts of harming children
- Thoughts of harming self
- Intrusive thoughts

**Red Deer Maternal Mental
Health Steering Committee**



@MothersFirstRD

www.MothersFirstRD.com

Mental Health Helpline
1-877-303-2642

Addiction Helpline
1-866-332-2322



Mothers First



A Resource for Before & After
Pregnancy: for moms, their family
and friends

About the Resource

The emotional experience after delivery is different for every woman. Hormones, sleep, nutrition, and stress can impact your ability to cope and feel like yourself again.

This resource is not a diagnostic or treatment manual, but rather a resource intended to provide information and empower mothers to reach out for support.

All information has been adapted from the Mothers' Mental Health Toolkit developed by the IWK Health centre in Nova Scotia.

What to expect

Information in this FREE document includes: self-care, physical health, emotional health, exercising with baby, and information for support people on how to be helpful in this journey of motherhood. It is easy to use for moms, allowing you the chance to pick and choose which pages will be more helpful for you depending on what is going on in your world right now.

Find the Resource at www.MothersFirstRD.com

GET YOUR OWN COPY
OF THE MOTHERS FIRST
GUIDE TODAY!

 MOTHERS FIRST RESOURCE GUIDE

 MOTHERS FIRST RESOURCE - RURAL
COMMUNITIES

Vision & Mission of the Red Deer Maternal Mental Health Steering Committee

It is our vision to ensure the best beginning for every new mother and her child. A mother's mental health matters to the development of strong and healthy communities.

The Red Deer Maternal Mental Health Steering Committee intends on utilizing best practice when working with women of child bearing years through the perinatal period in the years to come. The main objective of our coalition is to increase the communities' knowledge around the importance of discussing maternal mental health, while simultaneously decreasing the stigma present around women struggling to manage their mental health.