PERINATAL MENTAL HEALTH

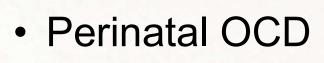
From the start of pregnancy through a year after giving birth, or from perinatal loss, stress manifests as psychological distress and neuroendocrine stress, resulting in a multitude of possible effects.



Perinatal Depression



Perinatal Anxiety





- Panic Disorder
- Bipolar Disorder
- Postpartum Psychosis











Affecting at least 1 in 5 women and 1 in 10 men, if you are experiencing any symptoms of a perinatal mental health disorder, it is crucial to seek help.



WE'VE BEEN THERE. WE CAN HELP.