World Maternal Mental Health Awareness Day
Wednesday, 6 May 2020
#maternalMHmatters

Australian research indicates:
- Up to 1 in 10 women experience depression in pregnancy.
- Up to 1 in 7 women experience depression after birth.
- Up to 1 in 5 women experience anxiety in pregnancy or after birth.

Why focus on maternal mental health?
- Pregnancy and the first year after birth are associated with increased risk for mental health conditions.
- Suicide in the perinatal period (before and after birth) is a leading cause of maternal death in Australia.
- Early intervention reduces the impact of perinatal mental illness on the mother, baby, family and society in general.

Maternal mental health and the COVID-19 pandemic
Having a baby is an emotional experience at the best of times. During a pandemic, there may be extra challenges for women and their families.

Specific information, including links to further resources and supports in response to COVID-19, is available on the King Edward Memorial Hospital website: [www.kemh.health.wa.gov.au](http://www.kemh.health.wa.gov.au)

For more information about World Maternal Mental Health Awareness Day, visit: [wmmhday.postpartum.net](http://wmmhday.postpartum.net)