

# Prioritizing New Parents' Mental Health

New parents can face **challenges** during pregnancy and after the birth of a baby.

Some parents may experience:

- Depression or postpartum depression
- Post-traumatic stress disorder
- Anxiety
- Postpartum psychosis



**1 in 5** pregnant or postpartum women are diagnosed with an anxiety or mood disorder.

Up to **10%** of fathers may experience paternal perinatal depression.



Parents who experience a complicated birth or a NICU stay face a higher risk.



Mental health struggles can strain families by:



**Disrupting bonding** with a newborn baby



**Impacting breastfeeding**



**Leading to isolation** from family members and friends



Affecting children's **mental and physical health**

While common, **perinatal mood disorders** can be isolating and stigmatizing.

Parents need:



Support to manage their **mental health**



Access to **screening**



Access to **treatment**



**Health care providers** need to watch for the signs and symptoms and work to ensure parents get the help they need.

To care for their children,  
**PARENTS MUST ALSO CARE FOR THEIR MENTAL HEALTH.**