



A woman is at higher risk of developing depression during pregnancy or following the birth of the baby if she...

- Has had depression or anxiety in the past.
- Has taken medication for depression or anxiety and stops before/during pregnancy.
- Has family member(s) who have had depression or anxiety.
- Has problems in her relationships with partner, friends and family.
- Experienced or is experiencing violence and/or abuse.
- Has poor practical and/or emotional support from friends, family and community.
- Her or others around her have unrealistic expectations of herself as a mother.
- Finds herself alone a lot of the time and/or separated from loved ones.
- Has immigrated to Canada within the last 5 years.
- Has a low income, education, lack of adequate housing or employment.
- Has had a recent stressful life event (e.g., death of a parent, housing issues).
- Relies on alcohol, drugs or other substances to help her deal with things.
- Has had a complicated pregnancy and/or birth.
- She or her baby had or have health problems.