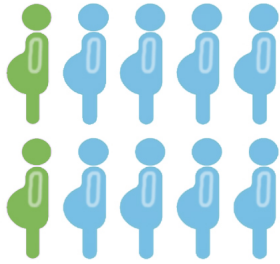
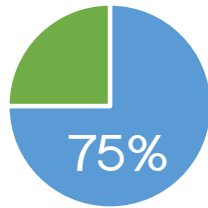


Maternal Mental Health is a priority



2 in 10 women have a mental health condition during pregnancy and in the first year following the birth.



Over 75% of women do not get diagnosed and do not receive adequate treatment and support.



Not having adequate treatment has important consequences for the mother, the baby, the family, and society in general.

Why do we need to declare a World Maternal Mental Health Day?



- To give more **visibility** to this problem
- To combat social **stigma**
- To improve **detection** (diagnosis) and **treatment**
- To earmark more **resources** to maternal and infant mental health

PARTICIPATE!

Meet at Ashanti Cafe, Elora, on Wed May 3 at 2-3pm to talk with Dr. Vivian Polak about Maternal Mental Health.

#maternalMHmatters
wmmhday.postpartum.net

We have declared the first Wednesday of May each year to be **Maternal Mental Health Day.**

Maternal Mental Health Matters.