

MENTAL HEALTH RESOURCES

Mental Health Concerns in pregnancy

<https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/mental-health/>

Mental Health Meter-Canadian Mental Health Association

<https://cmha.ca/mental-health-meter>

Depression in pregnant women and mothers: how it affects you and your child

https://www.caringforkids.cps.ca/handouts/depression_in_pregnant_women_and_mothers

Depression during pregnancy-Government of Canada

<https://www.canada.ca/en/public-health/services/pregnancy/depression-during-pregnancy.html>

Mental Health in Pregnancy VIDEO

<https://www.birthandbabies.com/video-page/#1475250018416-c90e9a2a-b4d7>

Canadian Mental Health Association

www.cmha.ca

Mood Disorders Society of Canada

www.mooddisorderscanada.ca