



MY BRAIN & MY BABY

9 Months and Beyond

Maternal Mental Health Disorders

The most common complication associated with pregnancy and childbirth.

What are Maternal Mental Health (MMH) Disorders?

Maternal Mental Health disorders are characterized by a prolonged period of emotional disturbance during pregnancy and the first year after childbirth. Depression is the most common, followed by anxiety, bipolar disorder, and postpartum psychosis.

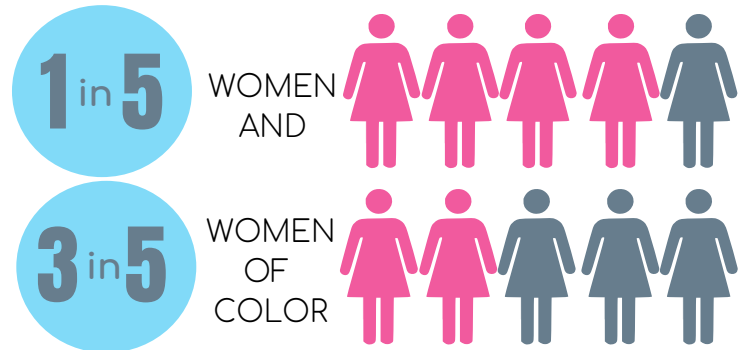
MMH Disorders are temporary, PREVENTABLE and TREATABLE if detected early.

When untreated, MMH Disorders can affect attachment and bonding of mother and infant, leading to behavioral, cognitive or emotional delays in the child

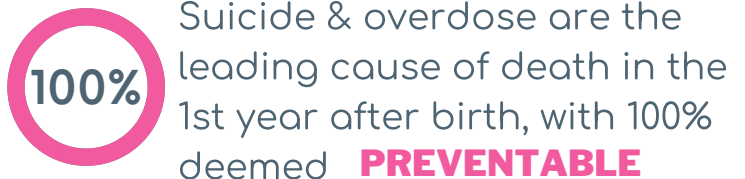
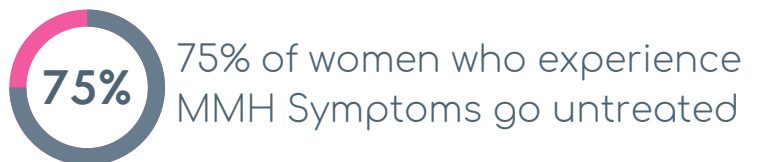


Women at increased risk of MMHs:

- History of Mental Illness
- Lower Socio & Economical Status
- Previous Trauma and/or Loss
- Lack Social Support
- Baby in the Neonatal Intensive Care Unit (NICU).



will suffer from Maternal Mental Health Disorders (MMH)



OUR MISSION: My Brain & My Baby aims to support perinatal mothers suffering from MMH disorders with early detection and acute medical care.