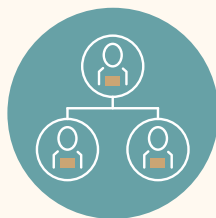# Perinatal Mental Health

Perinatal mental health occurs during pregnancy and the first postnatal years.

Examples of perinatal mental health problems include antenatal and/or postnatal depression, anxiety, obsessive compulsive disorder, postpartum psychosis and post-traumatic stress disorder (PTSD).

## Risk Factors for Perinatal Depression

**Life stress**

**Personal or family history of depression**

**Pregnancy Complications**

**Maternal Anxiety**

**Poor quality Relationship**

**Lack of social support**

**Unintended Pregnancy**