

Perinatal Mental Health for Pregnant Women

Pregnancy and birth
are noble and significant

Pregnancy and birth are noble and significant. During the pregnancy process, women will experience various physiological changes and encounter social, economic, family relationship, and role problems, as well as the resulting contradictions and stresses, which can impact their mental health. They need to **maintain a happy mood**, **enjoy the care and companionship of their families**, **establish a support network**, and **seek support and help when required**. Welcome your happy and blessed family!



the first to the 16th week

The first trimester

Psychological characteristics during various stages of pregnancy

Psychological fluctuation often accompanies physical reactions and changes in family and social roles, which can result in worry, agitation, and stress in pregnant mummies.

I can do this

Pregnant mummies

- Balanced diet and plenty of rest
- Appropriate exercise
- Relaxed mood
- Avoid excessive worry
- Write a diary and record the things in your life



Daddies-to-be and family members

- Increase pregnancy knowledge; help pregnant mummies with pregnancy discomforts
- Provide emotional support; voluntarily share in household chores
- Create a good pregnancy environment



the 17th to the 28th week

The **second**
trimester

Psychological characteristics during various stages of pregnancy

Pregnant mummies gradually adapt physiologically and psychologically. Fetal movement gradually allows the pregnant mummies to accept the fact that they have a life in their belly. Feeling more happiness, this is the psychological golden period of pregnancy. However, pregnant mummies still feel both happiness and worry inside. They are expectant of the birth of the baby, but worry about the birthing process.

I can do this

Pregnant mummies

- Regular pregnancy checkups
- Learn about pregnancy period knowledge
- Maintain a happy mood and participate in appropriate social activities



Daddies-to-be and family members

- Listen to the ideas and feelings of pregnant mummies
- Accompany them to pregnancy checkups
- Participate in pre-birth health care classes

the 29th to the 40th week

The **third**
trimester

Psychological characteristics during various stages of pregnancy

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I can do this

Pregnant mummies

- Build a family support network
- Tell family and friends your feelings in an appropriate manner. Seek help when needed.



- Set a labor plan

Daddies-to-be and family members

- Keep mummies-to-be company and pay attention to life details
- Help pregnant mummies enhance their labor confidence
- Participate in labor preparations and prepare the baby's things together



Psychological characteristics during various stages of pregnancy

Four weeks after birth

Mommies must adjust their body, learn how to take care of their baby, and breastfeed during this time. This is a stressful and challenging part of their life. The Edinburgh Postnatal Depression Scale can be used weekly to understand one's own psychological status.

I can do this

Pregnant mommies

- Care about your own psychological status
- Share experiences and feelings with other post-birth moms



Seek support and assistance when needed

Daddies-to-be and family members

- Do not make accusations and be more understanding
- Mutually support and help with child care and household chores
- Learn more about information on babysitting centers, nursing systems, childbirth subsidies, and babysitting subsidies



Psychological Health Resources for Pregnant Women

Ministry of Health and Welfare website

psychological health
pamphlets and health videos
for pregnant women



Wellbeing Psychological Health Learning Platform



Kaohsiung City Department of Health website

psychological health area



Telephone consultation hotline

Toll free pregnancy care consultation hotline

0800-870-870

The last six digits sound like “hugging you tightly, hugging you tightly” in Chinese

24hr toll free care hotline

1925

Sounds like “still love me” in Chinese

Help station for underage pregnancy

0800-257085

the last six digits sound like “love me, please help me” in Chinese

Consultation hotline for foreigners living in Taiwan

0800-024-111

Social welfare consultation hotline

1957

