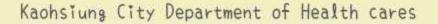
Perinatal Mental Health for Pregnant Women

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!



Psychological characteristics trimester 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

I can do this

Pregnant mommies

- Balanced diet and plenty of rest
- Appropriate exercise
- Relaxed mood

mommies

Avoid excessive worry



Daddies-to-be and family members

 Increase pregnancy knowledge; help pregnant mommies with pregnancy discomforts

Provide emotional support;
voluntarily share in household chores

Create a good pregnancy environment



the 17th to the 28th week

Psychological characteristics thinester during various stages of pregnancy

Pregnant mommies gradually adapt physiologically and psychologically. Fetal movement gradually allows the pregnant mommies 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 mommies 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 mommies

 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 mommies
- Accompany them to pregnancy checkups
- Participate in pre-birth health care classes

the 29th to the 40th week The third Psychological characteristics trimester during various stages of pregnancy

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I can do this

Pregnant mommies



- 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

- Keepmommies-to-be company and pay attention to life etails
- · Help pregnant mommies enhance their labor confidence
- Participate in labor preparations and prepare the baby's things together

Psychological characteristics of pregnancy

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

The last six digits sound like tightly, hugging you tightly"

24hr toll free care hotline

1925 Sounds like "still love me" in Chinese

Help station for underage pregnancy

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

Consultation hotline for foreigners living in Taiwan

0800-024-111

Social welfare consultation hotline

1957