

# Postpartum Depression

## Why Is This Important?

Postpartum depression is a major health concern and can affect a mother's ability to care for her newborn. Postpartum depression is a family issue and can lead to partners becoming depressed, poor bonding between mother and child, less breastfeeding, and children having more growth, attachment, psychological, behavioral and developmental problems. Risk factors include low education, low income, cultural status, abuse, violence and lack of social support.

The EPDS is used to screen all mothers for depression risk during public health visits within first two weeks of baby's birth.

## What Is Being Done?

[SK Maternal Mental Health](#) and [811 HealthLine](#)

[Postpartum Anxiety and Depression Program](#) in Saskatoon Health Region

Maternal Mental Health [toolkit](#)

Online Therapy [USER](#)

## To Learn More:

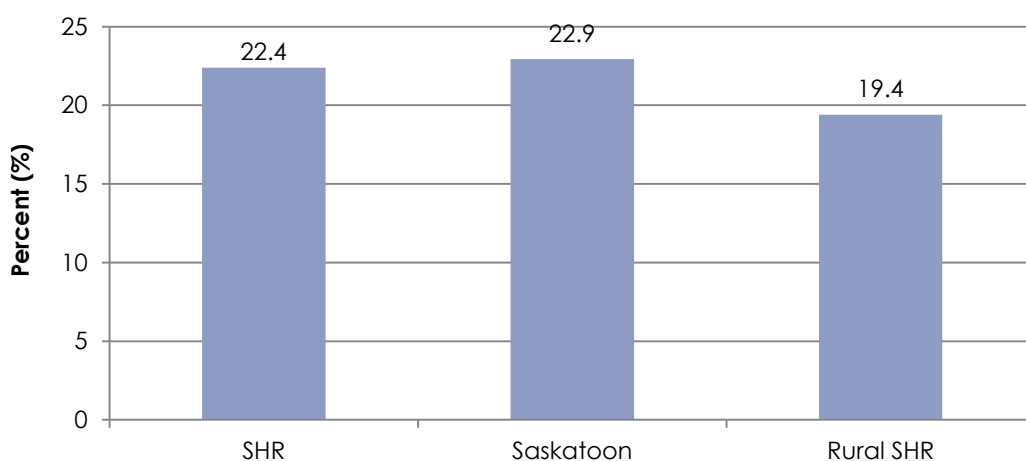
Chief Medical Health Officer's [Call to Action](#)

## Highlights

**A sizeable portion of mothers are at risk for depression in the Region.**

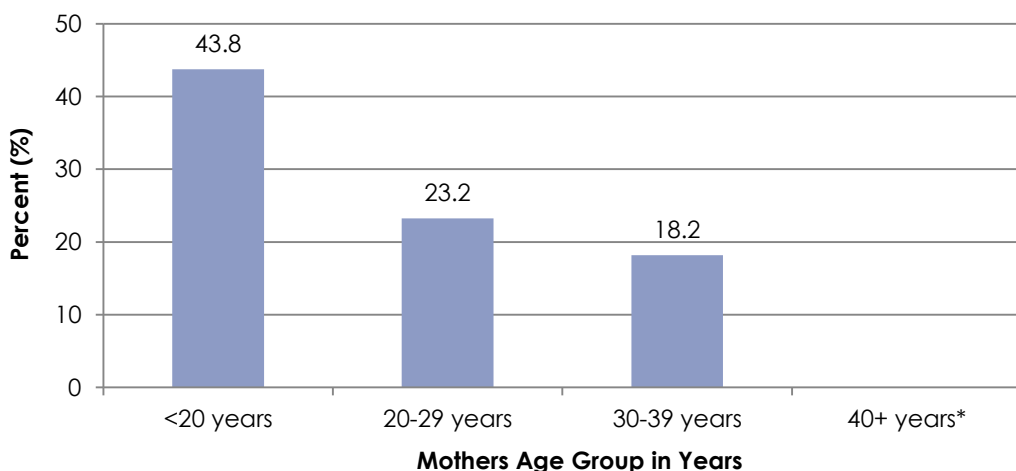
- One in five mothers (22.4%) were at risk for postpartum depression in the Region between 2013 and 2015 combined (Figure 1). Slightly higher percentages were seen in the City of Saskatoon compared to rural areas.
- Young mothers under 20 years of age were most at risk for depression at almost 44% compared to mothers in other age groups (Figure 2).
- Differences in geography and socio-economic status for at risk postpartum depression can be found [here](#).

**Figure 1: Percent Mothers At Risk for Depression at Two Weeks, Saskatoon Health Region, 2013 to 2015 Combined**



Source: Population and Public Health

**Figure 2: Percent Mothers At Risk for Depression at Two Weeks, By Age Group, Saskatoon Health Region, 2013 to 2015 Combined**



\* Suppressed due to small sample size. Source: Population and Public Health