

CMHA NS Division



DID YOU KNOW?
There are simple screens for postpartum depression available

  **FIND OUT MORE AT**

CARINGTOGETHER.CA
MOMS' MENTAL HEALTH MATTERS



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Women's Maternal Mental Health

Women's maternal mental health is a new initiative for the CMHA NS Division. In partnership with the IWK, CMHA NS Division has stepped forward to provide national leadership in this important area of women's health.

CMHA NS Division has developed an information-resource HUB and a webpage for women of childbearing years and their families who are seeking resources for their mental health and wellness. A Halifax Transit campaign is also bringing awareness to this important mental health area that impacts families.

Women's Maternal Mental Health



Strengthening our Collective Voice by developing collaborative and supportive relationships among multiple sectors and partners, in support of mental health for all;

Information-Resource HUB

The adjustment to mothering is always a big step in a woman's personal development. Significant mental and emotional problems are one of the most common complications of childbirth, affecting at least two in ten women (IWK, 2012).

To support women of childbearing years and their families, the CMHA NS Maternal Mental Health Information-Resource HUB is housed on a new webpage on the CMHA NS website and will not only provide a plethora of information, tools and resources but will also help to navigate women and their families to appropriate supports. Visit caringtogether.ca or email womenMH@novascotia.cmha.ca for more information.



CMHA Nova Scotia Division Website

Please visit the CMHA Nova Scotia Division website for more information and brochures on mental health topics, the programs we provide, and our branches across the province.

Important Links

Main website: www.novascotia.cmha.ca

Brochures: <https://novascotia.cmha.ca/document-category/brochures/>

Navigation resources: <https://novascotia.cmha.ca/resources-category/community-supports/>

CMHA NS Social Media

Stay connected with us on Facebook and Twitter! Learn about upcoming events, learn new information and connect with us.

Facebook: <https://www.facebook.com/cmhansdivision/>

Twitter: <https://twitter.com/nsCMHA>