

# 認識產期抑鬱症及產期精神健康

生育是人生的一件大事，因此在懷孕期間和分娩後經歷一連串情緒變化也是很自然的事。但如果你開始出現難受的感覺，並開始嚴重影響你的日常生活，你可能正經歷產期前後精神健康問題。

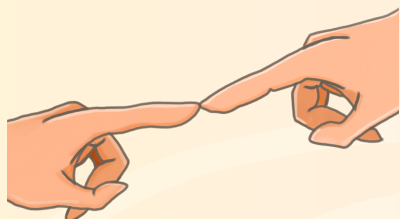
## 常見產期精神健康問題

- [產期抑鬱症](#)
- [產期焦慮症](#)
- [產期強迫症](#)
- [產期思覺失調](#)
- [產期創傷後壓力症及分娩創傷](#)

## 產期抑鬱症的常見徵狀：

- 感到情緒低落
- 感到焦躁及憤怒
- 對平日活動失去興趣及愉悅感
- 經歷負面思想
- 感到絕望
- 對孩子及/或伴侶出現敵對情緒或無感
- 自我孤立及無法與其他人產生連繫

## 照顧自己的精神健康



建立自己的支援網絡



照顧好自己的需要



接受別人的幫助

了解更多有關產期抑鬱症、產期精神健康、如何照顧自己及身邊正經歷產期精神健康問題的人：

[bit.ly/mindhk-perinatal-mental-health-tc](https://bit.ly/mindhk-perinatal-mental-health-tc)

## 其他精神健康資源

更多關於不同精神健康主題的資訊：

[mind.org.hk/mental-health-a-to-z](https://mind.org.hk/mental-health-a-to-z)

更多緊急本地支援：

[mind.org.hk/find-help-now](https://mind.org.hk/find-help-now)

其他由本地非政府機構提供的精神健康服務：

[mind.org.hk/community-directory/](https://mind.org.hk/community-directory/)

在香港尋求協助：

[mind.org.hk/getting-help/](https://mind.org.hk/getting-help/)

# Perinatal depression and perinatal mental health

Having a baby is a big life event. It's natural to experience a range of emotions during pregnancy and after giving birth. However, if any difficult feelings start to have a significant effect on your day-to-day life, you might be experiencing a perinatal mental health problem.

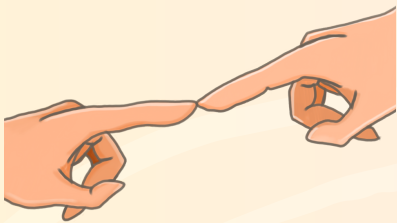
## Most common perinatal mental health problems:

- [Perinatal depression](#)
- [Perinatal anxiety](#)
- [Perinatal OCD](#)
- [Postpartum psychosis](#)
- [Postpartum PTSD and birth trauma](#)

Common symptoms of perinatal depression:

- Feeling sad/low mood
- Feeling irritable or angry
- Loss of interest and joy in activities
- Experience negative thoughts
- Feeling hopeless and despairing
- Feeling hostile or indifferent to your baby and/or partner
- Isolated and unable to relate to other people

## Supporting your mental health



**Build your support network**

Learn more about postnatal depression and perinatal mental health, how to take care of yourself, and supporting people experiencing perinatal mental health problems:

[bit.ly/mindhk-perinatal-mental-health](https://bit.ly/mindhk-perinatal-mental-health)



**Take care of yourself**



**Accept help from others**

### Other Mental Health Resources

Information on different mental health topics:

[mind.org.hk/mental-health-a-to-z](https://mind.org.hk/mental-health-a-to-z)

More local urgent support in Hong Kong:

[mind.org.hk/find-help-now](https://mind.org.hk/find-help-now)

A list of mental health services provided by local NGOs:

[mind.org.hk/community-directory/](https://mind.org.hk/community-directory/)

How & where to seek help in Hong Kong:

[mind.org.hk/getting-help/](https://mind.org.hk/getting-help/)