

Welcome to the third week of Women's Health After Motherhood. This week, we continue to look at what the women in the MAMMI study told us what they wished they'd known. So you can learn that many of these health problems are common, but they are not normal, and they can be treated.

Today we're going to focus on two different issues, but they're related. First, we look at how you can get help from any mental health issues that you might be experiencing. Many women don't seek help from a health care professional because of embarrassment, fear, or even stigma. This week, we'll share tips and strategies and tools to give you the confidence to speak with a health care professional, and speak up, and speak out, and ask for help.

The second part of the week we're focusing on emotional and mental well-being in motherhood and after motherhood. Motherhood could be a wonderful time of contentment, great happiness. But also, most of us will experience some uncertainty and worry. It's a time of transition. Physical, hormonal, emotional changes-- they're all happening. And some anxiety and confusion can be considered normal around this time.

Today you learn what it means to be mentally well. You learn tips, strategies for maintaining positive mental health and know how and when you need to seek help. My colleague, researcher, and mental health expert Agnes Higgins is going to tell you what we learned from the women we've talked to and take you through the range of issues that can impact on your mental health and well-being, particularly anxiety.

Dr. John Sheehan will take you through some of the language used around depression, and he'll take you through and have a look at what a treatment plan for depression might look like. Before we start, take a few minutes to think about what you've heard from others about mental health in and around motherhood. And again, how do you know what is and isn't based on research and evidence?