

There is more  
to me than...

*My  
Postpartum  
Depression*

MENTAL HEALTH WEEK  
May 5 - 11, 2025



**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA

*Helping People  
Help Themselves*

Postpartum depression is a mental health condition that some mothers experience after giving birth. It's more than just feeling tired or overwhelmed – it's a serious mood disorder that can affect a mother's ability to care for herself and her baby.

For more information and to access our Mental Health Week Toolkit, please visit our website or scan the QR Code.



[www.moodmb.ca](http://www.moodmb.ca)