

Parent Mental Health = Child Mental Health

A child's healthy development directly relates to the mental health of his mom and dad. Parent mental health IS a child's mental health. Even babies know when their parent is not okay. In order to be able to grow, we all need to be in environments and relationships where we are emotionally and physically safe, where we are treated as if we are important, and where we feel a sense of belonging. That's true for both adults and children.

Jeannie Early Jacobs, LSW
Bridges to Success Program
Shasta County Office of Education



Having a baby may be one of life's most joyous experiences. However, it can also deliver challenging levels of stress. Maternal depression and other mental health issues triggered by stressful situations are not uncommon. In fact, 1 in 5 women will have a depressive disorder at some time in life. The good news? Depression is highly treatable and resources are available to help parents who may be struggling.

Resources for Parents

- 2-1-1
- (530) 225-0350 Bridges to Success (Shasta Co.)
- (530) 918-7222 Family & Community Resource Centers (Siskiyou Co.)
- (530) 529-1500 x115 NCCDI Community Counseling Program (Tehama Co.)

Symptoms

- Difficulty sleeping
- Irritability
- Sadness
- Fatigue
- Loss of energy
- Feelings of guilt

Jeannie says, "Depression and anxiety are two of the most treatable mental health problems we have. Hormonal changes in mothers of newborns and the sleep deprivation involved with caring for a baby both contribute to stress, anxiety, or feelings of sadness. It can be hard for new mothers to own up to these feelings. It's important to ask for help or help someone you care about find help. When you get brief counseling – and sometimes medical help from your doctor – both you and your baby can be back on track quickly. Consulting your regular doctor is a good start."

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