| \*\*Characteristic\*\* | \*\*N = 264\*\* |
| --- | --- |
| Would you seek help if you experience mental health concerns during pregnancy or postpartum | 236 (89%) |
| Do you believe seeking mental health support is a sign of weakness? | 94 (36%) |
| Would you encourage a friend or family member to seek mental health help? |  |
| n | 6 (2.3%) |
| no | 13 (4.9%) |
| yes | 245 (93%) |
| Do you think healthcare providers take mental health concerns seriously? | 213 (81%) |
| Have you ever sought mental health support for yourself or someone else? | 94 (36%) |
| Would you seek help from a healthcare provider for mental health concerns? | 224 (85%) |
| Have you ever used online resources for mental health information? | 95 (36%) |
| Would you consider seeking mental health support from a traditional healer? | 76 (29%) |
| Do you have health insurance that covers mental health services? | 45 (17%) |
| Have you ever contacted a mental health hotline? | 33 (13%) |