Depression and Anxiety Happen. Getting Help Matters.

Get help now!

If you:

Feel that you may hurt yourself or your baby

Feel hopeless and total despair

Other people don’t

Feel our of touch with reality, you may see or hear things that

Feel helpless

You may be experiencing postpartum depression and anxiety

If you:

Talk to your partner, family, and friends about these feelings so they can help you

Call your local support system or resources in your area

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free and confidential mental health information and treatment

Feel guilty and feel like you are failing or motherhood

Feel very anxious around the baby and your other children

Have little interest in things that you used to enjoy

Feel “foggy” like you are just going through the motions

Feel foggy and have difficulty concentrating tasks

Have feelings of intense anxiety that hit with no warning

You may be experiencing mood swings that happen too many

If you:

Feel overwhelmed but are still able to care for yourself and your baby

Feel the need to be or stay in touch with your partner or loved ones

Feel like you just aren’t yourself

Pregnant women and new moms

You may be experiencing mood swings that happen too many

Having a baby brings a mix of emotions, including feeling sad and feeling overwhelmed. Many women experience deeper signs of depression and anxiety before and after birth. Be prepared. Watch for the signs.

Action Plan for Depression and Anxiety Around Pregnancy