



MENTAL HEALTH
FOR NEW MOMS
AND MOMS-TO-BE



Having a baby can bring a mix of emotions. You may feel happy or excited, but you may also feel sad or overwhelmed. Many women experience signs of depression and anxiety before and after birth. Knowing what signs to look for can help you prepare and get the help you need.

During your pregnancy and after your baby is born, remember to check in on your feelings. Be honest with your answers and know that help and support is available.



If you...

- Feel like you just aren't yourself
- Have trouble managing your emotions
- Feel overwhelmed but are still able to care for yourself and your baby



Then...

You may be experiencing mood swings that happen to many pregnant women and new moms. These feelings usually go away after a couple of weeks.

- ✓ Take special care of yourself. Get your partner or family to watch the baby, get a babysitter, or team up with another parent to share childcare so you can rest and exercise. Make sure you have doctor's approval before exercising.
- ✓ Continue to watch for the signs of depression and anxiety listed in the yellow and red sections below. If things get worse, find someone to talk to. Talk to a health care provider if you feel unsure.

If you...

- Have feelings of intense anxiety that come with no warning
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have little interest in things that you used to enjoy
- Feel very anxious around the baby and your other children
- Have scary, upsetting thoughts that don't go away
- Feel guilty and feel like you are failing at motherhood



Then...

You may be experiencing postpartum depression and anxiety. These feelings will not go away on their own.

- ✓ Get help. Contact your health care provider or visit a health clinic.
- ✓ Call Postpartum Support International at **1-800-944-4PPD** (4773) to speak to a volunteer who can provide support and resources in your area.
- ✓ Talk to your partner, family, and friends about these feelings so they can help you.

If you...

- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)
- Feel that you may hurt yourself or your baby



Then...

Reach out for help now.

- ✓ If an emergency, call **9-1-1** for immediate help.
- ✓ Call or text Crisis Support Services of Nevada at **988** for free, confidential support 24/7. For help in Spanish, call **1-888-628-9454**.
- ✓ If you feel you may hurt yourself or others, call the National Suicide Prevention Lifeline at **1-800-273-TALK** (8255) for free and confidential emotional support.



Adapted from Action Plan for Depression and Anxiety During Pregnancy and After Birth, NIH.

Depression and anxiety happen. Getting help matters. Learn more and find additional support and resources:

National Institute of Child Health and Human Development

Mom's Mental Health Matters

<https://www.nichd.nih.gov/ncmhdp/initiatives/moms-mental-health-matters/moms>

<https://espanol.nichd.nih.gov/actividades-proyectos/la-salud-mental-de-las-mamas>

The National Maternal Mental Health Hotline

1-833-9-HELP4MOMS (1-833-943-5746)

This free, confidential service provides access to trained counselors and resources 24 hours a day, 7 days a week in English, Spanish, and more than 60 other languages. They offer support and information related to before, during, and after pregnancy.

Postpartum Support International

Call the HelpLine at: **1-800-944-4773**

#1 En Español or #2 English Or Text "Help" to **800-944-4773** (EN)

Text en Español: **971-203-7773**

The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. HelpLine hours are 8am-11pm EST and services are in English and Spanish. The HelpLine is not a crisis hotline and does not handle emergencies.

To find a mental health provider in your area, call **1-800-662-HELP (4357)**

QUESTIONS?

If you have any questions or concerns about your mental health, contact your local WIC clinic.



1-800-8-NEV-WIC
(1-800-8-638-942)

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