

maternal health and mental health

1 in 5 women suffer from untreated mental health disorders.

Understand your symptoms, practice self-care, and rely on your relationships to support your health.

mindful breathing
breathe in for 4 seconds, hold for 7 seconds, and release for 8 seconds



journaling
gives a chance for positive self-talk and to identify concerns or fears

warm, quiet bath
for relief and to relax



sleep
rest when your baby is sleeping during the day. Ask for support overnight so you can get extra rest.

exercise
low-impact exercise like walking can help relieve stress and help boost your emotions



enjoy time outdoors
for fresh air to help boost your mood and health

meditation
can help you focus on the present, reduce negative emotions, and increase your self-awareness



good nutrition
a diet with fruit, vegetables, protein, whole grains, and healthy fats boosts your energy and helps recovery



Stay connected with friends, family, neighbors, and your faith community for **emotional support**. Allow loved ones to help with chores and errands.



Baby-bonding and skin-to-skin contact help you to connect with your baby. Smile at them, talk or sing to them, and comfort them to bond with your baby.



Studies show that **breastfeeding** can help reduce anxiety and decrease depression. Not breastfeeding? Rely on friends and family to help with bottle feeds.

Look for moms' groups in your community. These groups may give you a chance to learn from others who are going through or have gone through similar things. This can be a space to share your feelings.



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are they the **baby blues**...



common after having a baby
 symptoms can last up to 2 weeks after birth
 symptoms typically **go away on their own**

...or is it **postpartum/perinatal depression**?



may start 1-3 weeks after birth, or up to 1 year
 symptoms are **more severe and last longer**
 needs **treatment** to get better

feeling sad or anxious being impatient or grumpy
 finding it hard to concentrate and tired feeling like: "I'm not myself today"
 mood swings crying for no reason

being **afraid** to stay alone crying, anxiety, worrying
 feeling **overwhelming** guilt, sadness or panic feeling **hopeless** or like you're **not good enough**
scary thoughts or urges no energy or motivation

There are **resources** to help! **Reach out** for support and guidance:

Postpartum Support International Warmline
 For help and local referrals: 1-800-944-4PPD

Postpartum Support International: 1-800-944-4773
 Call or text, www.postpartum.net

National Maternal Mental Health Hotline:
 Call or text: 1-833-TLC-MAMA (1-833-852-6262)
 Available 24/7 – call or text in 60+ languages

Treatment can start by **talking** about how you are feeling and **sharing** your experiences



Treatment can also be:



therapy or counseling



medication



taking care of yourself

Reach out to your **healthcare provider** if you have questions or concerns about your symptoms
 If you are worried about **hurting yourself or your baby**, call **911** or go to the nearest **emergency room**