Remember...

Perinatal depression and anxiety are common health conditions that need to be treated.

You are not alone.

With help, you can feel better.

If you think you might have perinatal depression or anxiety, don’t wait. Reach out today.

Talk to your doctor, nurse or midwife.

Call a helpline.

Postpartum Support International
1-800-944-4773 or Text: 503-894-9453
For support and local resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
To talk to a crisis counselor 24/7 about any mental health issue

If you feel like hurting yourself or the baby, this is a medical emergency. Call 911 or go to the nearest Emergency Room

For More Information

Moms’ Mental Health Matters
www1.nichd.nih.gov/ncmhep

Postpartum Support International
www.postpartum.net

MotherToBaby
https://mothertobaby.org

Experts on Medicines & More During Pregnancy & Breastfeeding

This brochure is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UF5MC26845 entitled Supporting Healthy Start Performance Project as part of an award totaling $2,472,000 with 0 percent financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.
Perinatal depression is a condition that many pregnant women and new mothers struggle with. A woman with this condition may feel very sad or very anxious. Perinatal depression can make it hard for a woman to take care of herself or her baby.

“Perinatal” means “around the time of birth.”

We call it “perinatal depression” because it can occur during pregnancy or within a year after birth.

It can happen to any mother.

1 in 7 women will experience perinatal depression. It can affect women of any age, race, ethnicity, culture, income or education.

It’s more than the “baby blues.”

Many women feel tearful, stressed and exhausted when they bring their new baby home. But if these feelings last for more than 2 weeks, you may have perinatal depression or anxiety.

If you are experiencing any of these symptoms, it’s important to let your doctor, nurse, or midwife know, right away.

There are treatments that work.

The good news is that perinatal depression and anxiety can be treated. Your doctor, nurse or midwife can help you get started with a treatment that can help you feel better.

Effective treatments include:

- **Counseling:** This involves talking with a therapist (social worker, counselor or psychologist) about how you feel and ways to cope.
- **Medicine:** In some cases, a doctor will prescribe medicine to help relieve symptoms.
- **Social support, including support groups:** Getting together with other moms or friends can help you feel better and get support from others.

You can use one of these methods or combine them. Getting the right treatment can make all the difference for you, your baby, and your family.