

THE PREGNANCY CARE CENTER

Logo

Emotional Support & Mental Health Resources

Mental health during pregnancy and postpartum

Pregnancy and the postpartum period can bring joy as well as stress and emotional changes. Hormonal shifts, physical discomfort and changing roles may lead to feelings of sadness or anxiety. Prenatal depression affects many people and is characterized by persistent sadness, loss of interest, fatigue, changes in sleep or appetite and feelings of worthlessness. Severe depression can lead to thoughts of harming yourself or your baby【114049594073302†L116-L161】. Recognizing these symptoms and seeking help early is vital for your health and your baby's well-being.

Steps to support your mental health

- **Talk to your provider.** Discuss any mood changes, sleep problems or worries. Treatment options include counseling, support groups and, when necessary, medications that are safe in pregnancy.
- **Stay connected.** Share your feelings with your partner, family or friends and build a support network.
- **Practice self-care.** Rest when you can, maintain a healthy diet, stay active with gentle exercise and set aside time for relaxation.
- **Manage stress.** Consider journaling, meditation or prenatal yoga.

Where to find help

The Centers for Disease Control and Prevention lists these national resources【9097420639681†L114-L131】: * **National Maternal Mental Health Hotline:** Call or text **1-833-TLC-MAMA (1-833-852-6262)** for free, confidential support 24/7 in English or Spanish【9097420639681†L114-L118】. * **National Alliance on Mental Illness (NAMI):** Provides education, advocacy and support for people affected by mental illness【9097420639681†L119-L122】. * **988 Suicide & Crisis Lifeline:** A 24-hour, toll-free hotline for anyone in suicidal crisis or emotional distress【9097420639681†L124-L127】. * **Postpartum Support**

International (PSI): Offers information, support groups and a HelpLine for people experiencing emotional changes during pregnancy and postpartum【9097420639681†L129-L131】.

If you or a loved one has thoughts of self-harm or harming others, call **988** immediately or go to the nearest emergency room.

Additional resources

- **Moms' Mental Health Matters:** The NICHD's campaign provides information about who is at risk for depression and anxiety during and after pregnancy and how to get help【9097420639681†L139-L142】.
- **Office on Women's Health – Talking Postpartum Depression:** Read stories from women who experienced postpartum depression and learn about treatment options【9097420639681†L135-L137】.

Remember, you are not alone. Reach out for help—support is available.

Sources

1. CDC: "Depression resources – Reproductive health"【9097420639681†L114-L142】.
2. Cleveland Clinic: "Prenatal depression"【114049594073302†L116-L161】.