



# Action Plan for Depression and Anxiety Around Pregnancy

Having a baby brings a mix of emotions, including feeling sad and overwhelmed. Depression and anxiety are some of the **most common** medical complications during pregnancy and the postpartum period.

**Be prepared. Watch for the signs. Ask for help.**

<b>If you...</b>	<b>Get help now!</b>
<ul style="list-style-type: none"> <li>• Feel hopeless and total despair</li> <li>• Feel out of touch with reality (you may see or hear things that other people don't)</li> <li>• Feel that you may hurt yourself or your baby</li> </ul>	<p><b>These feelings will not go away on their own.</b></p> <ul style="list-style-type: none"> <li>• Call 9-1-1 or go to your nearest emergency department for immediate help.</li> </ul>
<b>If you...</b>	<b>You may be experiencing postpartum depression and anxiety.</b>
<ul style="list-style-type: none"> <li>• Have feelings of intense anxiety that hit with no warning</li> <li>• Feel foggy and have difficulty completing tasks</li> <li>• Feel “robotic,” like you are just going through the motions</li> <li>• Have little interest in things that you used to enjoy</li> <li>• Feel very anxious around the baby and your other children</li> <li>• Have scary, upsetting thoughts that don't go away</li> <li>• Feel guilty and feel like you are failing at motherhood</li> </ul>	<p><b>These feelings will not go away on their own.</b></p> <ul style="list-style-type: none"> <li>• Talk to your doctor, nurse, or midwife.</li> <li>• Talk to your partner, family, and friends about these feelings so they can help you.</li> <li>• Find local treatment services: <b>CALL:</b> Postpartum Support International at 1-800-944-4PPD (4773) to speak to a volunteer who has expertise in pregnant and postpartum care. They can provide support and resources in your area. <b>FIND A PROVIDER ONLINE:</b> Search the Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment: <a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a></li> </ul>
<b>If you...</b>	<b>You may be experiencing mood swings that happen to many pregnant women and new moms.</b>
<ul style="list-style-type: none"> <li>• Feel like you just aren't yourself</li> <li>• Have trouble managing your emotions</li> <li>• Feel overwhelmed but are still able to care for yourself and your baby</li> </ul>	<p><b>These feelings typically go away after a couple of weeks.</b></p> <ul style="list-style-type: none"> <li>• Take care of yourself. Ask your partner, a friend, or a family member to care for the baby while you rest, care for yourself, exercise, or do other activities that you enjoy.</li> <li>• Continue to watch for signs of depression and anxiety in the yellow and red sections, above. If things get worse, find someone to talk to.</li> </ul>

**Depression and Anxiety Happen. *Getting Help Matters.***

To learn more about maternal mental health, visit [www.postpartum.net](http://www.postpartum.net).