

Depression and Anxiety Around Pregnancy

REAL FEELINGS. REAL SUPPORT. YOU'RE NOT ALONE.

Pregnancy and the postpartum period can bring big changes — physically, emotionally, and hormonally. It's common to feel more vulnerable during this time. You are not alone, and what you're feeling is real. Support is available, and healing is possible.

A healthier you helps a brighter tomorrow.



Normal Changes

A COMMON PART OF THE JOURNEY

- Mood swings.
- Feeling more emotional or sensitive.
- Worrying about your baby or birth.
- Changes in sleep (too much or too little).
- Feeling overwhelmed at times.
- Adjusting to physical and hormonal changes.

These feelings are common and often improve with time, rest, and support.



Signs to Watch For

MAY BE A SIGN OF SOMETHING MORE

- Persistent sadness or low mood.
- Feeling anxious, worried, or on edge most of the time.
- Loss of interest in things you usually enjoy.
- Trouble concentrating or making decisions.
- Changes in appetite (eating much more or less).
- Feeling disconnected from your baby.
- Feeling like you're not yourself.

If these feelings last more than two weeks or are getting harder to manage, reach out for support.



Reach Out for Support

YOU DON'T HAVE TO DO THIS ALONE

- Talk with your OB, midwife, or pediatrician.
- Consider a therapist who specializes in perinatal mental health.
- Connect with a postpartum doula for extra emotional and practical support.
- Reach out to a trusted family member or friend.
- Join a local or online support group.
- Support is available, and treatment can help.

Asking for help is a sign of strength, not weakness.



Get Help Now

IF YOU'RE IN CRISIS OR HAVING THOUGHTS OF SELF-HARM

- Thoughts of harming yourself or your baby.
- Feeling like you can't go on.
- Severe anxiety or panic attacks.
- Seeing or hearing things that aren't there.
- Feeling out of control or unsafe.

Call or Text 988

Suicide & Crisis Lifeline
Available 24/7

Call 9-1-1

for immediate help
if you or your baby
are in danger.

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