

Action Plan for Mood Changes during Pregnancy or After Giving Birth

Feeling down, mood swings, feeling anxious, overwhelmed, and scared are very common for women during and after pregnancy. If your feelings are impacting your life or your ability to care for you or your baby, we want to make sure you have the resources and support you need. If a few of these feelings sound like you, see below for what you can do.

If you...	You may be experiencing emotional changes that happen to many pregnant individuals and new parents. You should:
<ul style="list-style-type: none"> Feel like you just aren't yourself Have trouble managing your emotions (ups and/or downs) Feel overwhelmed, but are still able to care for yourself and your baby Feel mild irritability Have slight difficulty falling asleep Have occasional difficulty focusing on a task Are less hungry than usual 	<p>Take special care of yourself. Get your partner to watch the baby, get a babysitter, or team up with another person to share childcare so that you can rest and exercise.</p> <p>Continue to watch for the signs of emotional mood changes in the yellow and red sections below.</p> <p>Find someone to talk to if things get worse. Talk to a health care provider if you feel unsure.</p>

If you...	You may be experiencing emotional changes during or after your pregnancy for which you should get help. You should...
<ul style="list-style-type: none"> Feel intense uneasiness that hits with no warning Feel foggy and have more difficulty completing tasks than usual Notice that you have stopped doing things that you used to enjoy Have scary or upsetting thoughts that don't go away Feel guilty, or are having thoughts that you are failing at motherhood Are having difficulty falling or staying asleep (that doesn't have to do with getting up with your baby) Are falling behind with your job or schoolwork, or struggling in your relationships with family and/or friends Have family/friends mention that your mood seems off, or you're not acting like your usual self Are being overwhelmed by feelings of worry Have periods of feeling really "up," and overly happy where you are doing more activities than usual, then feel very sad, "down," or hopeless Are taking risks you usually wouldn't Are on edge or always looking out for possible danger/threats Feel numb or detached, like you are just going through the motions Have no interest in eating – food tastes like nothing Have thoughts of hurting yourself 	<p>Contact us. Your mental health is important to us. We are here to help.</p> <p>Talk to your partner, family, and friends about these feelings so they can help you.</p> <p>Contact your insurance company to find mental health providers.</p> <p>Visit the Anxiety and Depression Association of America's telehealth providers: https://adaa.org/finding-help/telemental-health/provider_listing</p> <p>Contact Postpartum Support International (PSI):</p> <ul style="list-style-type: none"> • Call 1-800-944-4773 to speak to a volunteer who can provide support and resources in your area • Text 800-944-4773 (English) or 971-203-7773 (Spanish) • Search online for a mental health provider at https://psidirectory.com/

If you...	Get help now!
<ul style="list-style-type: none"> Feel hopeless and in total despair Feel out of touch with reality (you may see or hear things that other people don't) Feel that you may hurt yourself or your baby Have family/friends that are worried about your or other's safety due to your mood swings and/or changes in activity levels 	<p>Go to the local emergency room or call 9-1-1 for immediate help.</p> <p>Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free and confidential emotional support</p> <p>Text the Crisis Line at 741741 (US) or 686868 (Canada)</p> <p>Still not sure what to do? Call us and we'll figure it out together.</p>

Getting help is the best thing you can do for yourself and your baby. Your mental health is important to us, please call us with any concerns or questions. We are here to help.