Maternal Mental Health Matters



YOU'RE NOT ALONE. HELP IS AVAILABLE.

What is Maternal Mental Health?

Maternal mental health includes emotional well-being during pregnancy and after birth. Many parents experience anxiety, depression, or overwhelming stress—this is common and treatable.[1]

Common Signs To Look For:[2]

- Feeling sad, hopeless, or overwhelmed most days
- Trouble sleeping, eating, or bonding with your baby
- Intense worry, panic attacks, or scary thoughts
- Withdrawing from loved ones or feeling unlike yourself

If symptoms last more than two weeks or interfere with your daily life, talk to a healthcare provider. Getting help is a sign of strength—not failure.

Support is available:

IF YOU ARE IN CRISIS, PLEASE CALL OR TEXT THE 988 SUICIDE AND CRISIS LIFELINE.
CALL 911 IF YOU FEEL UNSAFE OR MIGHT HURT SOMEONE.

Talk to your medical provider or OBGYN

Your doctor can check if you have mood or anxiety problems during or after pregnancy. They can also talk to you about treatment options and help you find mental health experts who understand what you're going through.

Call or text the Maternal Mental Health Hotline: 1-833-943-5746

This free, confidential hotline is available 24/7. They provide emotional support, and advice. They can also help find local resources for pregnant people and new parents.

Call Postpartum Support International: 1-800-944-4773

Join free online support groups, talk with trained peer mentors, and connect with mental health experts who understand pregnancy and life after having a baby.

Contact Well Badger Resource Center

Well Badger can help you find mental health services, parenting help, financial aid, and more. They will connect you to resources based on where you live and what you need.

1-800-642-7837 | 608-360-9328 | help@wellbadger.org

1- Health Resources and Services Administration. (2024, May). Maternal mental health. MCHB. https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline/maternal-mental-health
2- The Policy Center for Maternal Mental Health. (n.d.). About maternal mental health disorders. Policy Center for Maternal Mental Health. https://policycentermmh.org/mmh-disorders/

WELL BADGER RESOURCE CENTER