

Emotional health during pregnancy

Pregnancy comes with lots of emotional ups and downs. Many women feel weepy and anxious at times during pregnancy.

In Oregon, one in four new moms feels depressed or anxious during and/or after pregnancy.

This can make it hard for moms to take care of themselves, bond with their babies, and relate to others.

Check the statements that are true for you:

- It's hard for me to ask for help.
- I've had trouble with hormones and moods, especially before my period.
- I was depressed or anxious after my last baby or during my pregnancy.
- I've been depressed or anxious in the past.
- My mother, sister or aunt was depressed after her baby was born.
- Sometimes I don't need to sleep, have lots of ideas and it's hard to slow down.
- My family is far away and I don't have many friends nearby.
- I don't have the money, food or housing I need.

If you checked at least three boxes, you are more likely to have depression or anxiety during pregnancy or after your baby is born (postpartum).

Symptoms of depression and anxiety:

- Sadness, anger, exhaustion, feeling out of control or feeling overwhelmed;
- Difficulty eating or sleeping;
- Fears or scary thoughts that don't go away;

- Feeling anxious or insecure, nervous about being alone.

If your symptoms last more than two weeks, are disturbing or get in the way of your daily life, or if you just need more information — call your medical provider or one of the numbers listed below.

Remember: You are not alone, you are not to blame and with help you will be well.

What you can do:

- Tell someone you trust how you feel.
- Ask your medical provider for help and resources.
- Ask friends or family for help so you can take breaks.
- Get fresh air and exercise when you can.
- Avoid sugar, caffeine and alcohol.
- Talk to women who have recovered.

For more information

Postpartum Support International

www.postpartum.net
1-800-944-4773 (Help Line)

Oregon Perinatal Mental Health Program

www.healthoregon.org/perinatalmentalhealth

Oregon 211info

211info.org
Call 211 or 1-800-723-3638