



Mental Health and Pregnancy



It's normal to go through emotional and hormonal changes during and after pregnancy. However, unmanaged mental health changes can lead to heart and other long-term health problems for mom and baby.

Depression

Depression is a common and serious mood disorder. It goes beyond feeling sad or having a bad few days.

Symptoms may include:

- Crying a lot
- Unusual anger or irritability
- Withdrawing from family and friends
- Loss of interest in the baby
- Thinking about self-harm or hurting the baby

Anxiety

Anxiety is a natural response to stress. It may happen alone or with depression.

Symptoms may include:

- Constant worry
- Racing thoughts
- Trouble sleeping
- Rapid heartbeat

Psychosis

Psychosis is a rare but serious medical emergency. It can begin within the first two weeks after childbirth.

Symptoms may include:

- Seeing or hearing things that aren't there
- Constant confusion
- Trying to self-harm or hurt the baby
- Thinking others will harm you



Mental health conditions during and after pregnancy are common and can be treated. You shouldn't feel embarrassed or guilty about seeking help. If you're concerned about your symptoms, talk to a health care professional right away.

Other ways to support your mental well-being:



Attend regular checkups
during and after pregnancy. Seek help right away if symptoms arise.



Build a support network
Talk to family members and friends. They can help monitor your well-being and offer emotional support.



Accept help
with baby care, errands or meals.



Focus on overall wellness
Get enough sleep, eat nutritious foods and start gentle exercise as soon as your health care professional approves.

Learn more at [GoRedforWomen.org/Pregnancy](https://www.GoRedforWomen.org/Pregnancy)