

# Action Plan for Mood Changes During Pregnancy or After Giving Birth

Having mood swings, as well as feeling down, anxious, overwhelmed, and scared, are very common during and after pregnancy. If your feelings are impacting your life or your ability to care for yourself or your baby, we want to make sure you have the resources and support you need.

**If you can relate to these feelings, see below for what you can do.**

## If you...

Aren't feeling like yourself	Have slight difficulty falling asleep
Have trouble managing emotions (ups and/or downs)	Have occasional difficulty focusing on a task
Feel overwhelmed, but still able to care for yourself and baby	Are less hungry than usual
Feel mild irritability	

## To help yourself...You may be experiencing mood changes that happen to many pregnant and postpartum individuals.

Take care of yourself.	Monitor your mood.
Ask someone (family, friend, babysitter) to help with childcare so that you can rest and exercise.	Find a health professional to talk to if things get worse.

## If you...

Feel intense uneasiness that hits with no warning	Are overwhelmed with worry
Feel foggy and have more difficulty completing tasks than usual	Sometimes feel really “up” or high and doing more than usual
Stop doing things that you used to enjoy	Are taking risks you usually wouldn't
Have scary or upsetting thoughts that don't go away	Are on edge and cannot relax
Have difficulty falling or staying asleep, even when your baby is asleep	Feel numb or detached, like you are just going through the motions
Feel guilty, or like you're a bad mother	Have no interest in eating
Are falling behind with job or schoolwork, or struggling in relationships with family or friends	Have thoughts of hurting yourself without a plan
Have family/friends mention that you're not acting like yourself	

## Find help...You may be experiencing mood changes that happen to many pregnant and postpartum individuals.

Contact us. We are here to help.	See the Anxiety and Depression Association of America's telehealth provider list: <a href="https://adaa.org/finding-help/telemental-health/provider_listing">https://adaa.org/finding-help/telemental-health/provider_listing</a>
Contact your insurance company for mental health resources.	
Talk to loved ones about these feelings.	Search the National Center for Posttraumatic Stress Disorder (PTSD) website for information and resources: <a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>
Contact Postpartum Support International (PSI) for support and resources in your area: <ul style="list-style-type: none"> <li>» Call <b>800-944-4773</b> (English or Spanish)</li> <li>» Texting in English: <b>800-944-4773</b></li> <li>» Texting in Spanish: <b>971-203-7773</b></li> </ul> Or search their online mental health directory: <a href="https://psidirectory.com/">https://psidirectory.com/</a>	Read or complete workbook materials: Pregnancy & Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin Gyoerkoe [Available for purchase or in libraries.]

## If you...

Feel hopeless	Have thoughts or plans about hurting yourself or your baby
Feel out of touch with reality including seeing or hearing things that others do not	Have family/friends who are worried about your safety or baby's safety due to your mood

## Get help now!

Go to a local emergency room or call <b>911</b> for immediate help.	Call the National Suicide and Crisis Lifeline at <b>988</b> .
Call or text the National Maternal Mental Health Hotline for free and confidential support: <b>1-833-TLC-MAMA</b> (1-833-852-6262)	Text the U.S. Crisis Line at <b>741741</b> .

**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.**