Depression and Anxiety During and After Pregnancy
What fathers, partners, families and friends should know

Who to Call for Help

Keep the phone numbers of her doctor, nurse or midwife on hand.

Postpartum Support International
1-800-944-4773 or Text: 503-894-9453
For support and local resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
To talk to a crisis counselor 24/7 about any mental health issue

For More Information

Moms’ Mental Health Matters
https://www1.nichd.nih.gov/ncmhep

Postpartum Support International
https://www.postpartum.net
Has resources for both moms and dads

MotherToBaby
https://mothertobaby.org
Experts on Medicines & More During Pregnancy & Breastfeeding

Remember...
Perinatal depression and anxiety are common health conditions that need to be treated.

With the right help, she can feel better.

YOU can help her to get the care she needs.

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Perinatal depression is a condition that many pregnant women and new mothers struggle with. A woman with this condition may feel very sad or very anxious. Perinatal depression can make it hard for a woman to take care of herself or her baby.

It can happen to any mother. 1 in 7 women will experience perinatal depression. It can happen during pregnancy or up to a year after the baby's birth. It can affect women of any age, race, ethnicity, culture, income or education.

It's a serious condition but there are treatments that work. Effective treatments include:

- Social support, including support groups
- Medicine
- Counseling
- Family, so remember to take care of yourself, too.

Take time for yourself. A mother's depression can be hard on the whole family, so take some time to relax:
- Help out around the house. Help with baby care and household chores.
- Exercise and have some time to relax:
- Allow her to focus on her own needs. Give her time to see friends or listen to her. Let her talk about her feelings and offer support.
- Help her to make the call if she needs it.
- Encourage her to get help. Have her call her doctor, nurse or midwife.

Here's what you can do.

Are you worried about her safety or the baby's safety? If you're worried about her safety or the baby's safety, this is a medical emergency. Call 911 or take her to the nearest emergency room.

If a woman you know shows signs of perinatal depression or anxiety:

Did you know? Fathers can suffer from depression, too, before or after the baby is born. Fathers should seek help, too. This happens to 1 in 10 fathers.

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