

**Your Emotional Health During Pregnancy
and the First Year Postpartum**

Your emotional health during this time is extremely important. Emotional wellness affects your overall wellbeing as well as the short and long term development of your baby and older children. Below is a list of common distressing emotional reactions that 1 in 5 women will experience during pregnancy and the first year after childbirth. If any of these apply to you, please know that you are not alone!

With proper support and early detection, most women can begin to feel better rapidly and more fully enjoy their lives, relationships, and the experience of parenting. Do any of these apply to you?

- ❖ **Anxiety or racing thoughts**
- ❖ **Constant worry about your baby's safety**
- ❖ **Difficulty sleeping or getting back to sleep**
- ❖ **Irritability, anger, or rage**
- ❖ **Guilt about your feelings**
- ❖ **Tearfulness and sadness**
- ❖ **Intrusive images of harm coming to your baby**
- ❖ **Scary thoughts you are afraid to share**
- ❖ **Constantly feeling overwhelmed**
- ❖ **Difficulty coping**
- ❖ **Nightmares**
- ❖ **Thoughts of harming yourself or feeling your baby and family may be better off without you.**
- ❖ **Simply not feeling like yourself**

Utah Maternal Mental Health Collaborative ~ Moms Mental Health Matters!

If you are experiencing any of the above symptoms, please contact your healthcare provider right away, look at the Utah Maternal Mental Health Collaborative website, www.utahmmhc.com , and/or call Postpartum Support International at 1-800 944-4PPD or www.postpartum.net .