

Did you know?

- 1 in 6 women are diagnosed with depression during pregnancy.
- 1 in 8 women in Wisconsin have symptoms of depression after pregnancy.



There is help that can make your symptoms feel better or even go away completely.

Postpartum depression and anxiety don't have to last forever.

There isn't one treatment that works for everyone. The right help for you might include:

- A therapist or counselor to talk to.
- Medication that can be used during pregnancy or breastfeeding.
- Social support through family, friends, peers, faith community, parenting groups, and neighbors.
- In-person or online support groups.
- Movement and exercise, even a simple walk outside can be helpful.

Visit the Wisconsin Department of Health Services' Maternal Mental health page for more maternal mental health resources and related programs around maternal and child health.

There are resources for individuals and their families, as well as medical and public health professionals.



dhs.wi.gov/mch



The statistics and voices of Wisconsin moms quoted here are from the Pregnancy

Risk Assessment Monitoring System (PRAMS)—a survey on maternal attitudes and experiences before, during, and shortly after pregnancy.

If you receive a survey after giving birth, please complete it so that we can continue to learn how improve health outcomes for moms and babies in Wisconsin.



Wisconsin Department of Health Services

Division of Public Health
Family Health Section

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Mental Health During and After Pregnancy

Learn the signs of postpartum depression and anxiety and when to ask for help.



Distressing feelings can happen during pregnancy or in the first year after having a baby. These feelings can make it difficult to take of yourself and your baby.



You are not alone.



Help is available.



"I wish postpartum depression symptoms were discussed more.

It doesn't always present as weeping and feeling little pleasure in doing stuff. There's more symptoms."

- Wisconsin mom



WISCONSIN DEPARTMENT of HEALTH SERVICES

You may be experiencing mood swings common to pregnant women and new moms if you:

- Having trouble managing your emotions.
- Feel like you just aren't yourself.
- Feel overwhelmed but are still able to care for yourself and your baby.

 These feelings typically go away after a couple of weeks.

Take special care of yourself. Ask a family member or friend to help with the baby or chores. Team up with another mom to take turns with child care. Eat healthy, get outside for a walk, and try to get enough sleep.

Continue to watch for the signs. If these feelings do not go away in two weeks or things get worse, get help. Talk to a health care provider if you feel unsure.



“Answering the questionnaire for depression and anxiety at my six-week postpartum appointment helped me significantly.”



If I didn't do that, I wouldn't have gotten the help that I needed for postpartum anxiety and depression.”

- Wisconsin mom

You may be experiencing postpartum depression and/or anxiety if you:

- Have feelings of intense worry and/or sadness.
- Feel like you want to withdraw from loved ones and isolate.
- Have scary and upsetting thoughts that don't go away.
- Lack of interest in things you used to enjoy.
- Feel foggy and have difficulty completing tasks.
- Feel guilty or feeling regret of becoming a mom.

 These feelings will not likely go away on their own.

Get help. Contact your health care provider or visit a clinic.

Talk to your partner, family, and friends about these feelings so they can help you.

The National Maternal Mental Health Hotline is free, confidential, and available 24/7 in 60+ languages. If you are feeling overwhelmed, anxious, or just needs someone to talk with, connect with their trained counselors.

Call or text 1-833-TLC-MAMA (1-833-852-6262). 

Postpartum Support International offers a variety of free, online support groups for those who are pregnant or postpartum.

Call 1-800-944-4PPD (4773) to learn about support and resources in your area. 

postpartum.net/get-help-psi-online-support-meetings

Get help right away if you:

- Feel you may hurt yourself or your baby.
- Feel hopeless and total despair.
- Feel disconnected from reality.



 If you or someone you know is in crisis, get help!

Call 911 for immediate help, or go to the nearest hospital emergency department.

Call or text 988 to reach the Suicide and Crisis Lifeline, or 1-800-TALK (8255).

988 | SUICIDE & CRISIS LIFELINE
24/7 CALL, TEXT, CHAT

Well Badger can help when you have questions about health and social services. Figuring out where to go when you need help can be overwhelming.

Search the online database for local support or get connected to a specialist who will listen to your situation and suggest programs and services to fit your needs.

Call 1-800-642-7837.
Text 608-360-9328.



wellbadger.org

Adapted from the National Institutes of Health, Action Plan for Depression and Anxiety During Pregnancy and After Birth. www.nichd.nih.gov/ncmhhep/initiatives/moms-mental-health-matters/moms/action-plan