

What if the “happiest time of your life” doesn’t feel so happy?



It seems like everywhere you look, you see happy moms. But the truth is, pregnancy and childbirth can bring a mix of emotions, including feeling sad and feeling overwhelmed. Many women may experience these emotions, which may be signs of depression and anxiety, before and after birth.

Contact a health care provider if you experience:



Intense anger, worry, or unhappiness



Extreme mood swings



Difficulty caring for yourself or your baby



Less interest in things you used to enjoy



Changes in your eating or sleeping habits

Reach out if you don't feel right.

To learn more, visit nichd.nih.gov/MaternalMentalHealth.
To find a mental health provider in your area, call 1-800-662-HELP (4357).



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