

Caring for Yourself After Birth

Your mental health matters — especially after pregnancy



Many physical and emotional changes happen after giving birth. Hormones (chemicals that affect the body) can cause changes in mood, sleep patterns and feelings. Plus, having a child is a big change in a parent's life.

Pay attention to changes in your body and mood

Many parents experience feelings of sadness and anxiety after pregnancy, often called baby blues, which include:

- Crying
- Irritability
- Poor Sleep
- Nervousness
- Intense Emotions

While baby blues can pass within 10 days without too much concern, some parents experience longer-lasting symptoms.

Get help right away if you ever have thoughts of harming yourself.

Call the San Mateo County Crisis Hotline
650-579-0350.

Counselors are on call
24 hours a day,
7 days a week.

If you need support, help is available at no cost

If these feelings are present most of the day and last for more than two weeks, it could be a sign of postpartum depression. The good news is that there are many resources to support parents. Here are two pathways to get support:



Check in with your postpartum care provider about how you are feeling. If you are no longer seeing your postpartum care provider, schedule a visit with your primary care provider. Your provider may share tips to feel better and offer treatment options like therapy and/or medicines.



You can also call the Behavioral Health and Recovery Services (BHRS) Access Call Center at **1-800-686-0101**. When you talk with BHRS they will ask you screening questions to help make sure you get the right care. After reviewing your screening results, they will connect you with a mental health provider covered by your benefit.

Learn more: www.hpsm.org/health-tips/maternal-mental-health

