

ARE YOU OK, MOM?

#MomsMindMatters

1 in 7
mothers in
Oklahoma will
experience
postpartum
depression
or anxiety

If you are **pregnant** or a **mother to a newborn** and are experiencing strong feelings of sadness, worry and tiredness, **you are not alone.**

For help in Oklahoma call or text:

Maternal Mental Health Hotline:

1 (833) 943-5746 | 1 (833) 9-HELP4MOMS
(#2 for Spanish)



For more information go to:
<http://www.postpartum.net>
Watch OK Moms stories using QR code



OKLAHOMA
State Department
of Health



Preparing
for a
Lifetime
It's Everyone's Responsibility

If you are currently pregnant or have a baby under the age of one and are...

- ☐ Feeling numb, hopeless, or guilty
- ☐ Less interested in the baby, family, or friends
- ☐ Unusually angry or irritable
- ☐ Having difficulty focusing
- ☐ Not interested in things you usually enjoy
- ☐ Having trouble connecting with the baby
- ☐ Always worried about the baby's safety
- ☐ Sad and/or cry for no reason
- ☐ Eating too much or too little
- ☐ Sleeping too much
- ☐ Not sleeping enough (even when the baby sleeps)
- ☐ Having scary "what if..." thoughts
- ☐ Thinking of hurting yourself or the baby
- ☐ Feeling muscle tension, frequent upset stomach, increased heart rate, tightness in the chest



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YOU MAY HAVE POSTPARTUM DEPRESSION OR ANXIETY

If you know someone with these symptoms:

- ☐ Reassure her it is not her fault
- ☐ Tell her she is not alone
- ☐ Offer to help her find resources
- ☐ Offer to go to the doctor with her