

FEELING OFF AFTER BABY? YOU'RE NOT ALONE



Becoming a parent is a big change, and it's normal to have ups and downs. But if you're experiencing any of these feelings:

- Sadness or depression
- Irritability or anger
- Difficulty bonding with your baby, feeling numb
- Anxiety, panic, or worrying constantly
- Eating or sleeping problems
- Upsetting, persistent thoughts
- Flashbacks, bad memories, or nightmares
- Feeling out of control
- Doubts about parenthood
- Worries about harming yourself or your baby

You may be dealing with a perinatal mental health issue. The first couple of weeks after delivering your baby involve a significant hormonal shift, which can impact how you feel. Birth and parenting can feel traumatic. Such experiences are common, affecting 15-20% of new parents, and can happen to anyone, regardless of background. These feelings can start during pregnancy or within the first year after birth.

The good news?

Help is available, treatments are effective, and you will feel better!

REMEMBER, TAKING CARE OF YOURSELF IS
TAKING CARE OF YOUR BABY. IF YOU'RE STRUGGLING,
REACH OUT TO YOUR HEALTHCARE PROVIDER.

YOU DESERVE TO FEEL BETTER!

RESOURCES TO SUPPORT YOU

988 Suicide and Crisis Lifeline
24 hour - Call or Text 988

Talk to your Healthcare Provider even if you do not have a scheduled appointment

Postpartum Support International (PSI) postpartum.net/

PSI HelpLine

Emergency - Text HOME to 741741

Call or Text the HelpLine, 800-944-4773

PSI App, Download "Connect by PSI" in your app store

Michigan Department of Health and Human Services -
Resources for Pregnant and Postpartum People

Trinity Health - Being a Mom is Tough, But You Are Not Alone

Michigan Medicine - The "Baby Blues" and Postpartum Depression

Great Start Livingston Prenatal / Postnatal page



SCAN FOR
RESOURCES

