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).