

# Where can I go for help and support? >>>

There are many places where caring, trained professionals want to help if you are struggling. Talk to a doctor or reach out to one of these resources. Your insurance plan may also have a list of mental health providers and services available to you.

**9-8-8 Suicide and Crisis Lifeline**  
<https://988lifeline.org/>

**National Alliance on Mental Illness (NAMI)**  
877-230-6264  
[www.namiut.org](http://www.namiut.org)

**National Maternal Mental Health Hotline**  
833-852-6262  
833-TLC-MAMA  
[mchb.hrsa.gov/national-maternal-mental-health-hotline](http://mchb.hrsa.gov/national-maternal-mental-health-hotline)

**Postpartum Support International**  
800-944-4773  
[postpartum.net](http://postpartum.net)

**Utah Maternal Mental Health Referral Network**  
[maternalmentalhealth.utah.gov](http://maternalmentalhealth.utah.gov)

**Utah Medicaid**  
800-662-9651  
[medicaid.utah.gov](http://medicaid.utah.gov)

**United Way 2-1-1**  
24-hour hotline, call 2-1-1



## Postpartum depression and anxiety

It's time to get help if you don't feel like yourself since your baby was born or if you've lost interest in things you once enjoyed. You may have postpartum anxiety or depression. Talk to a doctor or reach out to a trusted family member or friend.



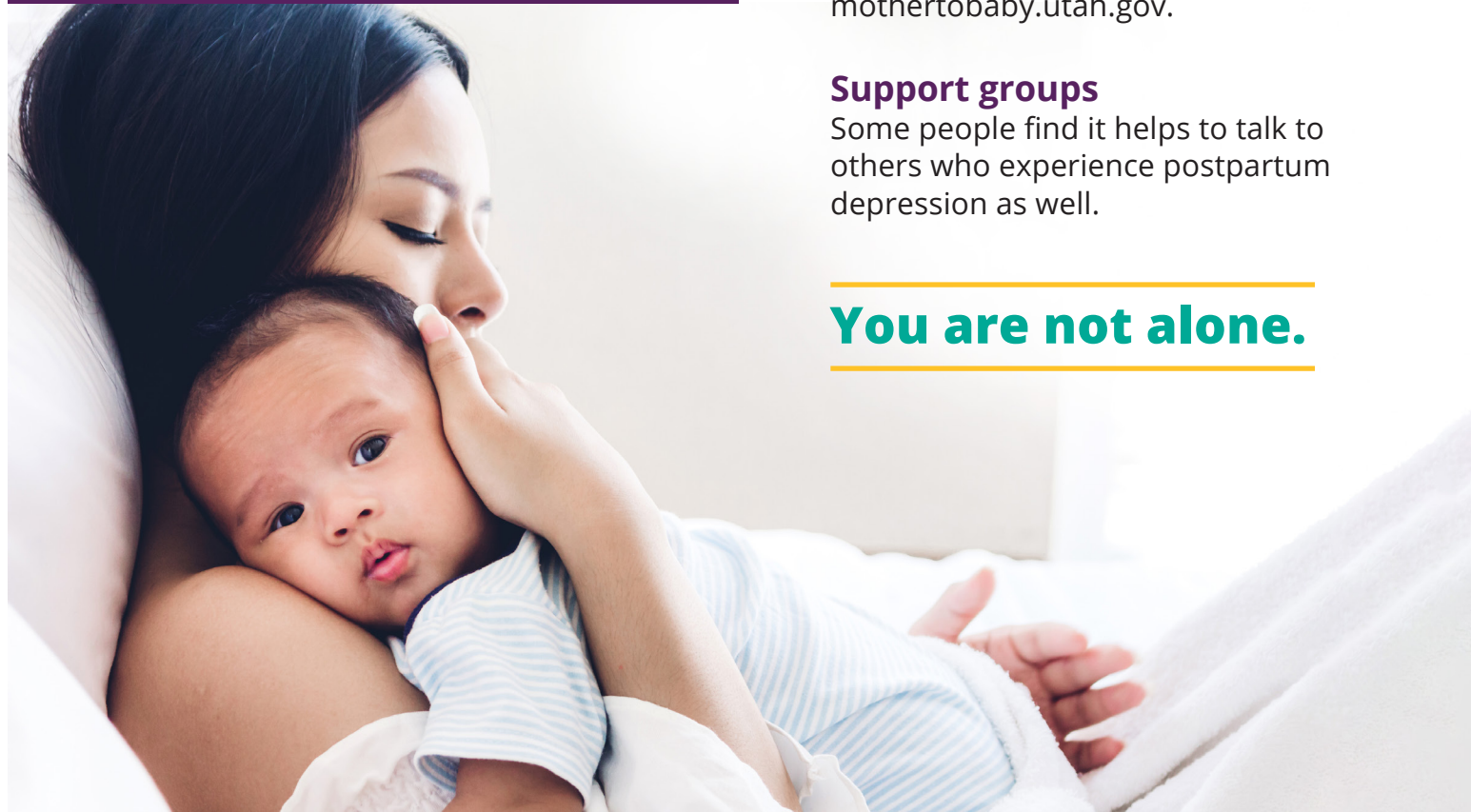
## What are the symptoms?

- Feel sad, angry, or irritable for no reason.
- Can't concentrate.
- Feel worthless and overwhelmed.
- It becomes hard to make simple decisions.
- Can't sleep even when your baby sleeps.
- Not interested in things you usually like to do.
- Tired or no energy.
- Not able to handle stress or life like you used to.
- Have thoughts of harming yourself or a loved one.

## What is postpartum depression?

### Postpartum depression can affect anyone.

Postpartum depression is a common illness that can happen after you have a baby. It affects 1 in 8 women. Your hormone levels will change after you have a baby and it's normal to feel overwhelmed, tearful, or sad. These "baby blues" usually go away after a few weeks. But you may have postpartum depression if it's hard to care for yourself or your baby— and you feel sad, angry, anxious, overwhelmed, or are unable to cope for longer than expected.



## How do you treat postpartum depression?

### Counseling with a therapist

It may be helpful to have someone with you when you talk to a therapist (like the baby's father, a supportive family member, or a friend).

### Medicine

Talk to your health care provider to see if you may need medicine to help you feel better. You can also contact MotherToBaby Utah if you are breastfeeding to get information about how medicine may affect your baby at 800-822-2229 or visit [mothertobaby.utah.gov](https://mothertobaby.utah.gov).

### Support groups

Some people find it helps to talk to others who experience postpartum depression as well.

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**You are not alone.**

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