

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