

MATERNAL MENTAL HEALTH



REDEEMER  BABY

You can find more information about all stages of pregnancy at redeemberbaby.com

Health
Redeemer



Congratulations on your pregnancy!

At Redeemer Health, we understand that the journey to motherhood can be a time filled with joy, challenges, and sometimes feelings you might not expect.

Your mental health and emotional well-being are just as important as your physical health during this transformative time.

Your Redeemer Health OB-GYN Care Team is here to support you every step of the way.

In this brochure, you will find valuable information about maternal mental health, the signs of mental distress or crisis, and the many resources available to assist you.

Below are symptoms you could be feeling if you require mental health support:

- 1** Feeling consistently down or unusually irritable.
- 2** Overwhelming exhaustion that doesn't improve with rest.
- 3** Losing interest in activities that were once enjoyable.
- 4** Significant changes in eating habits leading to weight loss or gain.
- 5** Struggling to form a connection with your newborn.
- 6** Disturbing thoughts about harming yourself or your baby.
- 7** Constant worry, fear, or panic attacks.

What if I am already on medication for my mental health?

Great question! Any changes in medication should be discussed with your healthcare provider. There are safe medication options available for use during pregnancy and while breastfeeding. Abruptly discontinuing medication could result in negative side effects and pose other significant issues or difficulties.

Asking for help is a demonstration of strength.

'Measuring' Mental Health

Your Redeemer Health OB-GYN Care Team uses questionnaires to assess symptoms of depression both at the start of your pregnancy and during the post-partum visit. If you sense any changes, don't hesitate to contact your OB-GYN for reassessment.

Are you pregnant and experiencing abuse in your relationship?

- Research has shown that domestic abuse gets worse during pregnancy.
- 1 in 6 women say they are abused during the pregnancy period.

How do I know if it is abuse?

Does your partner:

- Put you down or make you feel bad about yourself?
- Cause you physical or emotional harm?
- Threaten you or your child?
- Blame you for their actions?
- Get more violent as time goes on?
- Prevent you from getting medical care?

If you answered yes to any of these questions, make sure to get in touch with your provider.

Mental Health Resources for Expectant and New Moms

Maternal Wellness Center (Counseling)

67 Byberry Road, Hatboro, PA | 215-649-9916

Holy Redeemer Counseling Services

215-914-4190

Healthy Minds Philly

healthymindsphilly.org/postpartum-resources/

Crisis Centers

Bucks County: 1-800-499-7455

Philadelphia: 215-831-4600

SAMHSA Hotline: 1-800-662-4357

Health Partners/UHC Community

Montgomery County: 1-877-769-9782

Philadelphia: 1-888-545-2600

Online: cbhphilly.org

Click Members, then Provider Directory to find a provider near you.

National Maternal Mental Health Hotline

(24/7 free, confidential support before, during, and after pregnancy)

1-833-TLC-MAMA (1-833-852-6262)



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