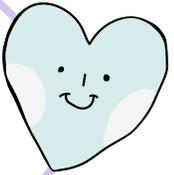




Make a Safety Plan!



Maternal Mental Health Concerns



Maternal mental health concerns can be caused by a combination of biological, psychological and social stressors. Maternal anxiety & depression are the most common complications of childbirth, impacting up to 1 in 5 women, yet they are not universally screened or treated.

Have a safety plan ready!



When you feel depressed, suicidal, or in crisis, having a safety plan already in place can save your life. A safety plan includes listing your coping strategies, identifying the people who may support you through a crisis, and more. www.mysafetyplan.org

SUD Postpartum Recommendations



- Accept help from others and make rest a priority
 - Exercise as appropriate (as recommended by your doctor)
 - Strive to eat well-balanced meals
 - Consider long-lasting birth control (e.g. an IUD, implant)
 - Helps avoid unintended pregnancy
 - Communicate with your doctor
- CONTINUE treatment for opioid or substance use disorder**



Substance Use Disorder (SUD),
Postpartum Depression, & Overdose Risk

Crisis Resources

Call/Text Suicide & Crisis Lifeline Dial 988

Postpartum Support International
1-800-944-4773

National Maternal Mental Health Hotline
1-833-852-6262

