

# YOUR MENTAL HEALTH MATTERS



Every new mom should have a strategy in place in order to stay healthy and help prevent postpartum problems

This is a big adjustment. Give yourself grace and flexibility during these times. You may have anxieties and weepy moments, and that is okay. Emotional ups-and-downs are a normal part of adjusting to motherhood. If you are concerned about yourself or a loved one, below are some resources you can use to check-in, gather support, gain information and knowledge, and make sure you are doing your best to maintain emotional stability.

- **Department of Psychiatry- counseling services: 916-525-6100**
- **Behavioral Health Consultation- reach out to your OBGYN for a referral to one of our women's health psychologists for a consultation to discuss concerns**
- **Postpartum Support International- daily, free support groups are offered online, including those tailored to unique demographics and pregnancy situations: 800-944-4773 or [www.postpartum.net](http://www.postpartum.net)**
- **Baby and Me Network- get real answers and support from other new Kaiser moms at this weekly no-cost gathering: 916-688-2428 or contact Health Education**
- **Crisis Nursery- parents can bring their children ages 0-5 for emergency childcare or overnight care during difficult times: 916-394-2000**
- **Postpartum Conditions Group- facilitated by a women's health psychologist, talking and sharing with a group of new Kaiser moms about your feelings and experiences can begin recovery: ask your OBGYN for a referral to this specialty Kaiser group**
- **Women's Empowerment- education, counseling, essential services, and more for those experiencing homelessness: [www.womens-empowerment.org](http://www.womens-empowerment.org)**
- **When New Dads Feel Sad- support for fathers: [www.postpartumdads.org](http://www.postpartumdads.org) or call/text PSI hotline: 800-944-4773**