

# 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



Funding was made possible by the Title V MCH Block Grant Federal Perinatal Funds, grant number is , provided for Maternal & Child Health Services, Oklahoma State Department of Health (OSDH). This publication was issued by OSDH, an equal opportunity employer and provider. 3500 copies were printed by at a cost of \$. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at [documents.ok.gov](http://documents.ok.gov). | Issued October 2022



## 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