SHADES of BLUE PROJECT

NOVEMBER 2026

Finding maternal mental health care



Your concerns deserve a response

You do not need a diagnosis or perfect words to ask for help. A clear next step can make care easier.

01 Begin with an assessment

- Tell your prenatal clinician, midwife, or primary care professional what changed, when it began, and how it affects life.
- A screening identifies concerns for further assessment. It does not diagnose a condition; share worries even if your score is low. [1]
- Ask for a clinician experienced in pregnancy and postpartum mental health. Treatment may include therapy, medication, or both. [2]

02 Ask about the fit

- Ask about experience with Black mothers, discrimination in care, pregnancy loss, birth trauma, and your particular symptoms.
- Ask about insurance, total cost, appointment availability, virtual visits, language access, and possible reduced fees. [2]
- Discuss treatment benefits and risks during pregnancy or breastfeeding. Your preferences belong in the decision.

03 Leave with a usable plan

- Share symptoms, medicines, sleep changes, and any past unusually high energy or very little need for sleep.
- Ask for your next appointment, referral contact, follow up arrangements, and instructions if symptoms worsen before the visit.
- If you feel dismissed, request another assessment. Do not wait for a group or application response when urgent help is needed.

Community support can offer connection alongside clinical care. You deserve understandable answers and respectful treatment.

START WITH ONE CONVERSATION

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] NICHD • Screening tools [2] NIMH • Help for mental illnesses