SHADES of BLUE PROJECT

NOVEMBER 2026

Mental health during pregnancy

You can ask for help today

Pregnancy can hold joy, fear, grief, and uncertainty together. Your emotional health belongs in every conversation about your care.

01 Notice what has changed

- Lasting sadness, loss of interest, guilt, or changes in sleep and appetite deserve attention from your prenatal clinician. [1]
- Worry that feels difficult to control or interrupts daily life can also be a reason to seek an assessment. [2]
- Severe symptoms need prompt care. You do not need to wait two weeks or reach a breaking point. [1]

02 Bring your full story

- Share previous depression, anxiety, trauma, bipolar disorder, and any mental health concerns during an earlier pregnancy. [1]
- Tell your clinician about medicines and treatment questions. Ask how options fit your pregnancy, health, and preferences. [1]
- Name practical pressures, including housing, food, work, childcare, or transportation. Ask what resources may help.

03 Build support before birth

- Choose someone you trust and ask for a specific task, such as a ride, meal, or appointment companion.
- Keep your clinician's contact information and after hours instructions where you and a support person can find them.
- Ask what screening results mean, what happens next, and who will follow up if symptoms continue.

You deserve care that respects your culture, circumstances, and choices throughout pregnancy and after birth.

CARE BEFORE BIRTH

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] NIMH Perinatal Depression [2] ACOG Anxiety and Pregnancy

Educational information, not a diagnosis. Updated November 17, 2026.