SHADES of BLUE PROJECT

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Teens and young parents



You do not have to prove you need help

Pregnancy and parenting can overlap with school, work, relationships, and financial stress. Your feelings deserve respectful attention at every age.

01 Notice changes

- Sadness, irritability, withdrawal, loss of interest, or changes in sleep, appetite, and concentration can signal depression. [1]
- Difficulty with school or everyday responsibilities may also be a reason to seek support during pregnancy or after birth. [1]
- You do not need to wait until you cannot cope. Assessment can help identify what is happening and what may help. [1]

02 Choose someone who will listen

- Tell a trusted adult, school counselor, nurse, doctor, midwife, or mental health professional what has changed. [1]
- Try: “I am pregnant or recently had a baby, and I have not been feeling like myself.”
- If you feel dismissed, tell another trusted professional. Ask for plain language explanations and a clear next step.

03 Make care work for you

- Ask to speak privately. Ask what stays confidential, who can access records, and when staff must share information. [2]
- Mention barriers such as school hours, childcare, transportation, money, or phone access. Ask what support is available.
- Tell clinicians about pregnancy or breastfeeding when discussing treatment. Ask who to contact if symptoms become worse.

Black teens and young parents deserve care that respects their identity, culture, preferences, and goals.

YOUR VOICE BELONGS HERE

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 Teen Depression More Than Just Moodiness [2] ACOG Mental Health Disorders in Adolescents

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