SHADES of BLUE PROJECT

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Postpartum overwhelm and rest

Rest should come with real support

Birth recovery and caring for a baby can leave little room for you. Ask for help that makes today manageable.

01 Name one need today

- Name what feels hardest: pain, feeding, money, loneliness, childcare, work, or sleep. Tell someone you trust.
- Ask for specific help with meals, supplies, transportation, or household tasks to make room for care. [1]
- Tell your care team about barriers to appointments. Persistent distress or trouble managing daily tasks deserves professional help. [3]

02 Protect sleep and safety

- Always place babies on their backs for sleep in a separate infant sleep space with a firm, flat, level surface. [2, 5]
- Use only a fitted sheet. Keep pillows, blankets, toys, and soft items out; avoid sofa or armchair sleep with baby. [2]
- Plan who can safely take over when you feel too drowsy to hold or feed the baby.

03 Make a workable plan

- Coordinate feeding and rest needs with your care team. Tell your clinician if sleep remains difficult when help is available.
- Ask about community resources if family support is limited. Choose manageable steps rather than another long list of responsibilities. [1]
- Sudden severe weakness, overwhelming exhaustion, chest pain, breathing difficulty, or severe headache needs immediate medical attention. [4]

Rest can support recovery. It does not replace assessment or treatment when mental health symptoms continue.

MAKE SUPPORT PRACTICAL

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] OWH Finding Support for Postpartum Depression [2] NICHD Safe Sleep Environment for Baby [3] NICHD Action Plan for Depression and Anxiety During… [4] CDC Urgent Maternal Warning Signs and Symptoms [5] NICHD About Back Sleeping

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