SHADES of BLUE PROJECT

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Postpartum anxiety



You deserve more than reassurance

Constant fear can make everyday parenting feel exhausting. You do not have to feel depressed to need mental health support.

01 Recognize the pattern

- Persistent fear, tension, difficulty relaxing, and trouble sleeping may signal anxiety during pregnancy or after birth. [1]
- Notice when worry changes what you do, avoid, or repeatedly check, especially when it interrupts relationships or daily tasks. [2]
- A clinician can assess your symptoms and consider physical health problems. You do not need to diagnose yourself. [2]

02 Ask for a care plan

- Try: “Fear is affecting my sleep and daily life. I would like an assessment and help deciding what comes next.”
- Describe how often the worry happens, how much time it takes, and whether you have experienced anxiety before.
- Treatment may include therapy, medication, or both. Discuss pregnancy, breastfeeding, cost, and your preferences with your clinician. [1, 2]

03 Make room for support

- Ask someone you trust to manage a specific task, help arrange care, or accompany you to a visit.
- Ask who to contact if symptoms worsen. Community support can offer connection alongside professional care. [2]
- Chest pain, trouble breathing, or fainting needs immediate medical attention during pregnancy or the following year. Do not assume anxiety. [3]

Choose one manageable next step today. You do not have to carry the worry by yourself.

WHEN WORRY TAKES OVER

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] ACOG Anxiety and Pregnancy [2] NIMH Generalized Anxiety Disorder [3] CDC Urgent Maternal Warning Signs

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