

# L.A. Care Benefits



Do you think you might have depression or anxiety?

L.A. Care Health Plan offers therapy services to its members. Get the help you need by calling Carelon Behavioral Health at **1.877.344.2858** (TTY 711).



L.A. Care's *Health in Motion*™ program offers helpful and fun health workshops in English and Spanish. For more information call **1.855.856.6943** (TTY 711).



L.A. Care members can also talk to a nurse 24 hours a day, 7 days a week, at no cost. The *Nurse Advice Line* phone number is **1.800.249.3619** (TTY 711) and is listed on your health plan member ID card.



L.A. Care offers free fitness, nutrition, and parenting classes at our *Community Resource Centers*. For a location near you, call **1.877.287.6290** (TTY 711).



**L.A. Care**  
HEALTH PLAN®

**For A Healthy Life**



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**MORE THAN THE  
BABY BLUES**

**Depression during  
and after pregnancy**

# The “Baby Blues” vs. Depression

Some pregnant and new moms may feel sad or down. These feelings are due to changes in the body during or after pregnancy. The time after birth may not be easy and sadness can last from 2 to 3 weeks. This is often called the “baby blues.” If it lasts longer, it may be something more serious. Talk to your doctor. You may have maternal depression. This is a common yet serious condition that can affect a woman during or after pregnancy. The right treatment can help you with maternal depression.



## How to Get Help

Depression and anxiety before or after pregnancy can be treated successfully.

- Talk to someone you trust for help.
- Go to your doctor for regular prenatal visits. This starts when you find out that you are pregnant.
- Go to your doctor for your postpartum visit. This happens 7-84 days (1-12 weeks) days after you give birth.
- Talk to a mental health provider to help you with your feelings.
- Talk to your doctor about the depression screening. Your doctor may prescribe medicine to help you if needed. Take medicine as prescribed.
- Join a support group for women who have maternal depression.

Visit [maternalmentalhealthnow.org](https://maternalmentalhealthnow.org) for more information about maternal mental health.

## Know the Signs

Do you struggle with depression or anxiety as a pregnant or new mom? Check the boxes below that apply to you.

- I feel very sad.
- I feel very nervous.
- I feel very anxious.
- I have a hard time focusing.
- I don't enjoy the things I used to.
- I sleep more or less than usual.
- I eat more or less than usual.

- I feel like I can't take care of my baby.
- I have thoughts of harming myself.
- I have thoughts of harming my baby.



These are only some of the signs of maternal depression. Talk to your doctor right away if you checked off any of the boxes above. The faster you get help, the sooner you can be the best mom to your new baby.

