



**L.A. Care**  
HEALTH PLAN®

*For A Healthy Life*



# MORE THAN THE BABY BLUES

Depression during  
and after pregnancy

# The “Baby Blues” vs. Depression

Some expecting and new moms may feel sad or down. These feelings are due to changes in the body during or after pregnancy. The period of adjustment after birth may feel difficult and 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 be experiencing maternal depression. This is a common yet serious condition that can affect a woman during or after pregnancy. The right treatment can help you manage maternal depression.



## Know the Signs

Do you struggle with depression or anxiety as an expecting 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 activities 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.

# 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 checkup. This happens 6 weeks after you give birth.
- Talk to a mental health provider to help you with your feelings.
- Your doctor may prescribe medicine to help you. 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.



# 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 Beacon Health Options at **1.877.344.2858** (TTY **711**).





L.A. Care's *Health in Motion*<sup>™</sup> program offers helpful and fun health and wellness 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 health classes in the community on fitness, nutrition, and parenting at our *Family Resource Centers*. For a location near you, call **1.877.287.6290** (TTY **711**).



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