



Speak up when you're down.

For referrals and support:  
Postpartum Support International  
1-800-944-4773 Call/Text  
[www.postpartum.net](http://www.postpartum.net)

**Counseling services**

Call the "mental health benefits" number on your insurance card or access the website for your behavioral health insurance carrier.

If you are covered by Medicaid call your County Medicaid Mental Health Services Access line.

## *Maternal Health and Grief*

*Speak up when you're down.*

**In an EMERGENCY**, contact the National Suicide Prevention Hotline:  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## Maternal health and grief

Maternal health includes the physical and emotional health of women during pregnancy, childbirth, and the time after birth. When a woman suffers a miscarriage, stillbirth, or infant loss she may experience grief. Feelings about miscarriage and infant loss may be different for different people and may change over time. A woman may feel sad, angry, or even numb at one moment and normal the next.

Some women may have painful reactions to anniversaries, or seeing babies, or pregnant women. You may grieve not only for the loss of your baby but also for the loss of parenthood. For some, this loss can bring up other feelings of loss from the past.

While grief may not require professional treatment, support is a beneficial part of recovery. This support may come from friends, partners, family members, or professionals. If feelings of grief last more than a month or if you have trouble getting through your daily activities please reach out to your health care provider.

## How to cope

### Physical self-care

- Exercise
- Avoid using drugs or alcohol
- Keep normal routines – no big changes
- Make time for enjoyable activities

### Emotional self-care

- Embrace emotions, be patient, and don't compare yourself to others
- Reach out to friends
- Pay tribute to your loss
- Join a bereavement group

## Resources

### The Miss Foundation

[missfoundation.org](http://missfoundation.org)

### Share Pregnancy & Infant Loss Support

[nationalshare.org](http://nationalshare.org)

### Return to Zero Center for Healing

[rtzcenter.org](http://rtzcenter.org)

### Compassionate Friends

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### Star Legacy Foundation

[www.starlegacyfoundation.org](http://www.starlegacyfoundation.org)

### First Candle

[www.firstcandle.org](http://www.firstcandle.org)



## Postpartum depression and anxiety

Postpartum depression and anxiety are common during the time following birth. Women benefit from support and may require professional treatment for their condition. If you are experiencing these symptoms please reach out to your health care provider.

### Symptoms of depression may include:

- Loss of interest in pleasurable things
- Difficulty sleeping or oversleeping
- Physical aches that don't go away with treatment
- Feeling worthless, helpless, agitated, or guilty
- Suicidal thoughts

### Symptoms of anxiety may include:

- Intense fear, terror, or panic attacks
- Shortness of breath, chest pain, or rapid, pounding heart