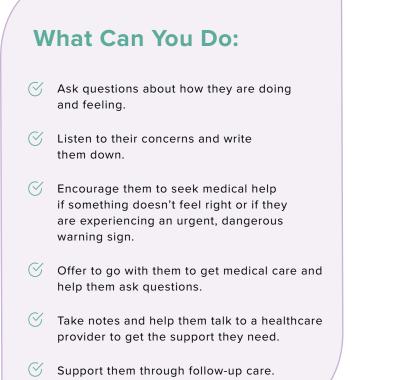


## **Family & Friends**

Your pregnant or recently pregnant friend or family member is undergoing many changes. Some changes are normal, but some could be signs of complications or more serious problems. These problems may be physical and mental and include feelings of sadness, anxiety, and exhaustion. If you see that your loved one is having a hard time engaging in daily care activities for themself, their baby, or others, it might be time for you to get involved and support the person.





## For Help

- Crisis Text Line: Text HOME to 741741
- National Alliance on Mental Illness: 800-950-NAMI (6264)

- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- Postpartum Support International: 800-944-4PPD (4773)



## Here is what you can say to start the conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period was \_\_\_\_\_\_, and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having \_\_\_\_\_\_ (symptoms) that feel like \_\_\_\_\_\_ (describe in detail) and have been lasting \_\_\_\_\_\_ (number of hours/days)
- I am taking \_\_\_\_\_\_ (medication) currently or have recently taken it.
- I know my body, and this doesn't feel normal.
- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

