

# 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 themselves, their baby, or others, it might be time for you to get involved and support the person.

## What Can You Do:

- ✔ Ask questions about how they are doing and feeling.
- ✔ Listen to their concerns and write them down.
- ✔ Encourage them to seek medical help if something doesn't feel right or if they are experiencing an urgent, dangerous warning sign.
- ✔ Offer to go with them to get medical care and help them ask questions.
- ✔ Take notes and help them talk to a healthcare provider to get the support they need.
- ✔ Support them through follow-up care.



## 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?

