

Mental Health and Motherhood



Mental Health Matters

Expecting a baby? You may be feeling happy, nervous and excited. Pregnancy can come with many feelings. This can include feeling anxious and overwhelmed. After giving birth, many new moms experience tiredness, worry and sadness, also known as baby blues. These feelings usually go away on their own.

For some women, these feelings can become severe and interfere with their daily lives. This is known as postpartum depression. Postpartum depression occurs in 1 out of 8 women and can happen to anyone. Women may also have these feelings during pregnancy.

Symptoms of postpartum depression can include:

- Crying more than usual.
- Extreme sadness or anger.
- Not feeling a connection with your baby.
- Worrying about hurting your baby.
- Having guilt or doubts about not being a good mom.

If you are having any of these symptoms, talk to your provider to find a treatment that is right for you.

As a new mom, it can be hard to focus on yourself and your health. But it is essential to your baby's health and well-being. Depression can happen to anyone. You can prepare by knowing what to look for and getting help when you need it.

What additional resources are there?

- Talk to your health care provider about your risk factors for postpartum depression and what to watch out for.
- Call or text the National Maternal Mental Health Hotline at **833-852-6262 (833-TLC-MAMA)** for free, 24/7, confidential counselor support.
- If you are thinking about harming yourself or your baby, get help now. Call **988** for crisis help from the **988 Suicide and Crisis Lifeline**.



Mental Health and Motherhood Resources

We want your feedback.
Take our quick survey!



Here in Contra Costa County

If you need help maintaining or improving your well-being, you can talk with your primary care provider. Doing so is especially important if you're feeling overwhelmed. If you have questions about mental or maternal health care, call **Contra Costa Health Plan (CCHP) Member Services** at **1-877-661-6230** to learn more.

Doula Services

A Doula is a birth worker who helps you during pregnancy, birth, and after your baby is born to make your journey easier. They help parents and babies stay healthy.

How can they help?

Doulas can help you:

- Write a birth plan.
- Learn about pregnancy and postpartum.
- Navigate your care options.
- Connect with community resources.
- With physical and emotional support during labor, birth, and after.
- With breastfeeding.

How to get a doula:

- Scan the QR code to learn more or find a doula that works with CCHP.
- Or call Member Services at **1-877-661-6230**.



Women, Infants, and Children (WIC)

WIC helps those who are pregnant, have recently given birth, or have experienced pregnancy loss. They also help infants and children up to 5 years of age. **WIC gives nutrition tips, breastfeeding support, and access to healthy foods.**

They can also refer you to health and community services. For more information or to apply, scan the QR code.



Mental Health Services

Get care now for mental health and substance use. Anyone can call for themselves or someone they care about.

Contra Costa Health ACCESS Line (24-hours):
Call **1-888-678-7277**

Get behavioral health crisis support or a referral for behavioral health services.

Contra Costa County
A3 Crisis Response (24-hour care):
Call **1-844-844-5544**

Contra Costa Crisis Center (24-hour care):
Call **211, 988**, or Text 'HOPE' to **20121**

Baby Steps - Case Management

CCHP's Case management makes sure getting your care is as easy as possible. Case managers can help you make appointments, find services, connect you to programs, and more. They will help you get the care you need. CCHP offers in-person and telephone case management services.

How to get Case Management Services:

- Call CCHP Case Management at **925-313-6887**.
- Ask your provider for more information.

Health Education



Get access to health tips, self-management tools, and more information on mental health by visiting healthd.cchealth.org or scanning the QR code.