

Mental Health Provider or Counselor Referral

What is a mental health professional?

A mental health professional/counselor can help you talk through anxiety, stress, and fear related to pregnancy and your transition to parenthood. Motherhood is a huge life transition! Mental health professionals can also diagnose and treat pregnancy and postpartum-related mental health concerns like postpartum depression and/or anxiety, etc, grief related to pregnancy loss, and career changes.

A mental health professional or counselor may address:

- Difficulty with the transition into motherhood
- Feelings of stress, sadness, and anxiety during pregnancy or postpartum
- Difficulty with relationships during pregnancy and the postpartum period

Why can a mental health professional be helpful during pregnancy and postpartum?

- Good mental health supports a growing baby. Professional mental health support can help you talk through the changes you are experiencing and better prepare you for parenthood.
- Healthy parents support healthy families. A more prepared parent is a parent who has increased mental well-being that allows for improved connection, care, and mental health of their children.
- Many people experience mental health concerns during pregnancy and postpartum. Visit the [CDC website](https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html) for warning signs that should be addressed by a mental health professional.

Referral Information and Additional Resources

References

<https://www.mhanational.org/conditions/pregnancy-and-postpartum-disorders>

<https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>