

# When To Seek Help

# POSTPARTUM

# REFERRAL PLAN

Bringing a baby into the world is a wild ride, and while a lot of the emotional ups and downs are totally normal, there are times when extra support is needed. This guide helps you figure out when to reach out for help and who to contact.

## URGENT HELP NEEDED (DON'T WAIT-REACH OUT NOW)

If you or someone you love is experiencing any of the following, get help ASAP. Call 911, a crisis hotline, or head to the ER:

- THOUGHTS OF HARMING YOURSELF OR YOUR BABY
- HEARING VOICES OR SEEING THINGS THAT AREN'T THERE
- FEELING EXTREMELY CONFUSED OR DISCONNECTED FROM REALITY
- INTENSE MOOD SWINGS WITH DANGEROUS BEHAVIOR
- BEING UNABLE TO CARE FOR YOURSELF OR YOUR BABY DUE TO OVERWHELMING DISTRESS

## WHEN TO SCHEDULE AN APPT

If these feelings stick around for more than two weeks and start messing with your day to day life, it's time to talk to a professional:

- FEELING SUPER SAD, HOPELESS, OR CRYING A LOT
- MAJOR MOOD SWINGS, ANGER, OR FEELING SUPER IRRITABLE
- TROUBLE BONDING WITH YOUR BABY OR FEELING DETACHED
- PANIC ATTACKS OR EXTREME ANXIETY
- NOT SLEEPING AT ALL (OR WANTING TO SLEEP ALL THE TIME)
- FEELING CONSTANTLY EXHAUSTED BEYOND TYPICAL NEW PARENT TIREDNESS
- BRAIN FOG SO BAD YOU CAN'T CONCENTRATE OR MAKE SIMPLE DECISIONS
- NO INTEREST IN FOOD OR EATING WAY MORE THAN USUAL

## KEEP AN EYE ON THESE FEELINGS

Some postpartum emotions come and go, but if these struggles persist or get worse, reaching out for support can make a huge difference:

- THE "BABY BLUES" LASTING MORE THAN TWO WEEKS
- FEELING LIKE YOU'RE DROWNING IN RESPONSIBILITIES AND CAN'T KEEP UP
- NOT HAVING A SOLID SUPPORT SYSTEM OR FEELING TOTALLY ALONE
- STRUGGLING TO ADJUST TO NEW PARENTHOOD



# GAME PLAN

## Where + How To Get Help

01

### FIGURE OUT WHO TO CALL

- ✦ *OB-GYN or Primary Care Doctor* – First stop for postpartum concerns
- ✦ *Therapist or Counselor* – If your emotions feel too heavy to handle solo
- ✦ *Lactation Consultant* – If breastfeeding struggles are making things harder
- ✦ *Support Groups* – Connecting with other parents can be a huge help
- ✦ *Crisis Hotlines (988 or 911)* – If things feel urgent or unsafe

02

### TAKE ACTION

- ✦ For Medical Help: Call your OB-GYN, midwife, or doctor for a check in.
- ✦ For Mental Health Support: Find a therapist who gets postpartum mental health. Postpartum Support International (1-800-944-4773) is a great place to start.
- ✦ For Crisis Situations: Dial 988 for the Suicide + Crisis Lifeline or get to an ER if you're in immediate danger.

03

### GET EXTRA SUPPORT

- ✦ Talk to someone you trust about how you're feeling.
- ✦ Let friends or family help out with small tasks.
- ✦ Give yourself grace. This is a huge life adjustment.

## HELPFUL RESOURCES

✦ **Postpartum Support International:** [www.postpartum.net](http://www.postpartum.net)

✦ **988 Suicide + Crisis Lifeline:** Call or text 988

✦ **National Maternal Mental Health Hotline:** 1-833-9-HELP4MOMS

✦ **Find a Therapist or Doctor:** Local Help: Dr Gonzalez, MD 760 537 4223 (call or text) or Lauren Fox, LCSW Holistic Postpartum Therapist 805 930 9355



**YOU DON'T HAVE TO DO THIS ALONE. IF YOU'RE STRUGGLING,  
REACH OUT. HELP IS AVAILABLE, AND YOU DESERVE SUPPORT.** 💛