**`**

 **Take Care of your Emotional Health**

***Anxiety and depression are common during pregnancy, but you don’t need to suffer alone. You can take care of your mental health by:***

* *Practicing mindfulness*
* *Managing your stress*
* *Talking openly with your provider about how you’re feeling*
* *Finding the right therapist*
* *Relying on your support system*

**Things to Know about Mental Health During Pregnancy**

**3**

**1**

**2**

 **Identify your Support System**

***Having a support system can help with your well-being and reduce stress during pregnancy.***

* *Bring your support person with you to your prenatal appointments*
* *Make connections with other pregnant and expecting parents*
* *Create a list of who you can call when you need support during and after pregnancy*

**3**

 **Be Picky about your Provider**

***Finding the right doctor, doula, and/or midwife can take time. It’s recommended to find a provider who:***

* *Creates a safe environment where you feel cared for*
* *Takes the time to listen to your experiences and concerns*
* *Welcomes your support person to your prenatal visits*

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**. Published 2022.

To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).

**INSERT PARTNER LOGO**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.