

What You Should Remember

- **These feelings are not your fault.**
- **You did nothing wrong.**
- Help is here for you.
- With support, you can feel more like yourself again.
- MHS is here for you and your baby!

The Special Deliveries Program

When you join the MHS Special Deliveries Program, you get your own nurse who knows about pregnancy and will support you every step of the way.

Your nurse is here to answer questions, help you feel prepared, and support you before and after your baby arrives.

When you enroll with Special Deliveries, you get:

- **A Nurse Who Cares:** One-on-one support during pregnancy and after birth.
- **Healthy Tips:** Learn what to eat, how to move and how to care for your growing baby.
- **Help with Appointments:** Support scheduling doctor visits, WIC, finding a baby's doctor and free rides if needed.
- **Help with your emotional health:** Someone to talk to about stress, sadness or depression, and find resources for support.
- **Support After Baby Comes:** Once your baby is born, don't worry. We are still here to help.
- **Help Getting Ready for Your New Baby:** Your nurse will give you tips and resources to prepare for your new baby!

Call 877-647-4848 to enroll today.

Crisis Text Line

If you feel very sad, stressed, or unsafe, help is always here. Text MHS to 741741 to talk with a trained counselor. This service is free and private. You can text any time — 24 hours a day, 7 days a week.

MHS 24 Hour Nurse Advice Line

Talk to a nurse anytime, day or night. Nurses are here 24 hours a day to answer your health questions and help you know what to do. They can help you decide if you should call your doctor or go to urgent care. This service is free for MHS members. This service is free for MHS members. Call 1-877-647-4848 and chose the nurse line.

Managed Health Services (MHS), a Centene company, is a managed care entity that has been proudly serving the state of Indiana for 30 years through the Hoosier Healthwise and Hoosier Care Connect Medicaid programs; and the Healthy Indiana Plan (HIP) Medicaid alternative program. MHS also offers Ambetter Health in the Indiana health insurance marketplace, and Wellcare, a Medicare Advantage plan. MHS plans provide quality, comprehensive coverage through a trusted provider network. Visit mhsindiana.com to learn more. MHS is your choice for affordable health insurance.

Staying informed is simple, and if you have questions, we're always ready to talk.



Visit mhsindiana.com



Call 1-877-647-4848
(TTY 1-800-743-3333)

Monday - Friday 8 a.m. - 8 p.m.



Scan for more info.



Big Feelings During and After Pregnancy

Feeling very sad or down during or after pregnancy is more common than you think.

You are not alone.

**Support is here for you and your baby.
Inside, you'll find ways to get help.**





Pregnancy and being a new mom can bring many feelings. You may feel sad, worried, or overwhelmed. If these feelings last for weeks or make daily life hard, it may be depression or anxiety. Help is available, and you are not alone.

Your Feelings During Pregnancy?

When you are pregnant, your body makes hormones as your baby grows. Hormones can affect how you feel. When hormones change, your feelings can change, too. This can happen during pregnancy or after your baby is born. Even though pregnancy is often seen as a happy time, it does not feel that way for everyone. You may feel sad, very tired, or not interested in things you usually enjoy. This is okay, and you are not alone.

Anxiety

Anxiety is when you feel very worried, scared, or nervous. Pregnancy and being a new mom can bring on these feelings. Your body and mind are going through many changes, and that can make anxiety happen. Anxiety can be treated, and support can help you feel better.

Signs and Symptoms You may have some or many of these signs. Everyone's experience is different.

Emotional Signs:

- Feeling sad or hopeless
- Crying a lot
- Feeling worried or scared
- Feeling overwhelmed or stressed
- You may worry about your baby all the time.
- You may feel little connection or interest in your baby.

Behavioral Signs:

- Trouble focusing
- Difficulty doing daily tasks
- Losing interest in things you used to enjoy
- Feeling nervous or irritable often

You may worry about your baby a lot. You may also feel like you are not close to your baby. These feelings can mean you need more support.

Prenatal and Postpartum Depression

Prenatal and postpartum depression can happen during pregnancy or after your baby is born. It can make you feel very sad, tired, or overwhelmed. These feelings are not your fault. Help is available. Talk to your doctor or care team for support. You are not alone.

If You Have Experienced Pregnancy or Infant Loss

Losing a baby is very hard. This can happen during pregnancy, at birth, or after birth. You may feel sad, mad, confused, or numb. You may have many questions. Losing your baby is not your fault. These feelings can make it hard to take care of yourself.

The feelings may not go away right away. Help and support are here for you.

Getting the Support You Need!

Talk to your Doctor or Nurse: Doctors and nurses can listen to you and help you understand what you are feeling. You do not have to go through this alone.

Counseling: Talking with a counselor can help you share your feelings and learn ways to cope.

Medicine: Some moms may take medicine if their doctor thinks it will help.

Support from Family and Friends: Family and friends can help by listening, being patient, and helping with daily needs.

