



Me + My Baby

Health Plan
of San Joaquin



Mountain Valley
Health Plan

Moms'/Parents' Mental Health Matters

About 8 out of 10 of all new mothers have some negative feelings or mood swings after the birth of their child.

Knowing what to look for can help point out signs sooner to get you help.



Signs to look for are:

- Sadness
- Anxiety
- Restlessness
- Impatience
- Irritability
- Weepiness or crying for no clear reason
- Mood changes
- Fatigue
- Trouble Focusing
- Cannot sleep (even when the baby is sleeping)

If you need Behavioral Health support, call 1-888-936-PLAN (7526) TTY 711.

www.hpsj-mvhp.org



Seek support or care if signs last longer than 2 weeks during pregnancy or after giving birth.

Mental health services during pregnancy or after birth is a benefit for HPSJ/MVHP members.

Me & My Baby Program

Sign up today to connect with a nurse. Scan QR code with camera phone.

