

Anxiety and Depression

Patient Handout

We at WellMama, as well as your provider or caregiver, are concerned about your mental health. Please refer to this packet for suggestions for recovery. Anxiety and Depression are real illnesses. Anxiety and Depression can affect different people in different ways. Anxiety and Depression are treatable.

You are not alone. With support, you can be well.

- Speak to your health care provider immediately. Let him or her know what you have been feeling. Be honest.
- Connection with a therapist is important step in recovery. WellMama can help connect you, if you are a new mother. **Give us a call at:**
- **1-800-896-0410. Email us at: info@wellmamaoregon.org**
- Self-Care: Intentional actions you take to care for your physical, mental, or emotional health are incredibly important. Prioritize your SELF with rest, nutrition and social support. Ask for support within your community of family and friends. Often, people are willing to help, but need direction about your specific needs.
- Getting adequate sleep is a challenge for everyone. When it is possible to rest, **PRIORITIZE** rest over other obligations.
- Try to be active and exercise. Get outside every day.
- Set realistic goals for yourself.
- Try to spend time with other people. Come to a WellMama support group. Reach out. Confide in family members and friends. Be open with how you feel and let them know how they can support you.
- Think positively, try to eliminate negative self-thoughts.
- Expect your mood to change gradually, not immediately.
- Know that some medications are very safe and your provider can help you make the decisions if medication is needed.
- Call WellMama 1-800-896-0410 for a quickly returned call for peer support, connection with resources, and any other concerns you might have.
- For times of crisis, we recommend the National Suicide Prevention Hotline: 1-800-273-8255. Refer to resources here in Eugene area as well, see the WellMama Resource Guide.

WellMama
Warm Line

1-800-896-0410

Call for Peer
Support and
Referrals

All mothers can
be well.

[www.wellmama
oregon.com](http://www.wellmamaoregon.com)

Please come to
a support group,
see the
schedule online.

