



# Your Healthy Pregnancy

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Every woman has different reactions to being pregnant. The way you feel can change from day to day. It is normal during and after your pregnancy to have mixed feelings. For some people, these feelings last a few days or weeks. For others, they may last longer and become very strong. It helps to get support from other people to cope with these changes. You are not alone in your feelings.

Your Case Manager is here to listen to you and answer questions. He or she will find resources to help you.

## It's OK to Ask for Help...

Some women don't tell anyone about their feelings. They are embarrassed or feel guilty. Many women feel they should be happy about having a baby.

If you are depressed, it's vital to get help now. This can curb future problems for you and your baby. If you are currently pregnant, you should speak to your doctor or midwife about how you are feeling.

After childbirth, get as much rest as possible. Sleep when the baby sleeps. Don't try to do everything.

Do as much as you can and leave the rest! Ask for help. Allow friends and family to help you.



## Your Case Manager

### **Your Case Manager can help you get what you need like:**

- Find providers covered by your individual insurance
- Find local resources that will offer help to you

The Case Manager wants to know how you're doing.

### It's OK to Feel This Way...

Changes in your body play a vital part in how you feel. Changes in your sleep pattern and lifestyle can make you feel sad at times. If you feel sad more often than not, you might be depressed.

Other signs of depression are weight gain, sleeping all the time, or not sleeping much at all. These signs don't always mean you are depressed. They could be part of being pregnant. But it is vital to get help if you do think you are depressed.

### Keeping your Baby Healthy by Keeping Yourself Healthy:

The best way to keep your baby growing healthy is to take the best care of yourself that you can.

- Go to all of your scheduled appointments with your doctor.
- Talk with your doctor about your feelings, as well as your physical symptoms.
- Let friends and family help you. Talk with them about your feelings. You will find more people have felt the same way you are feeling!
- Talk to your Case Manager about local resources or to get a list of behavioral health providers in your area.

## Resources

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### **WIC**

Food, immunizations, classes

1-800-942-3678

### **United Way**

Referrals for food, clothing, housing, education, counseling, employment and more. Call 211 from any phone to speak to a representative.

### **Option Line**

Free call to find out where to locate the nearest pregnancy resource center in your community 1-800-395-HELP (4357) [www.optionline.org](http://www.optionline.org)

### **National Suicide Prevention Lifeline**

1-800-273-TALK

(1-800-273-8255)

### **National Alliance for Mental Illness**

[www.nami.org](http://www.nami.org)

1-800-950-6264

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

### **Substance Abuse and Mental Health Services**

Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)

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