

Remember ...

- If you are experiencing mental health or substance use symptoms, seek help from a mental health provider and your primary care provider.
- Any decision about medications should be made carefully by you and your provider.
- Allow your pregnancy care team and mental health provider to contact each other.
- Connect to family, friends, and the community for support and help during and after pregnancy.
- Get involved in decision-making about your treatment plan.
- Consider whether you may benefit from additional counseling or support groups.
- Learn about safe breastfeeding practices
- **If you have suicidal thoughts or concerns for your immediate safety, call 911.**



Contact us

628 N. 4th St.
Baton Rouge, LA 70802
Phone: 225-219-2160
Email: OWHCH@la.gov
Website: ldh.la.gov/WomensHealth



Resources

National Institute on Drug Abuse
nida.nih.gov

National Institute on Alcohol Abuse and Alcoholism
niaaa.nih.gov

MGH Center for Women's Mental Health
womensmentalhealth.org/specialty-clinics-2/postpartumpsychiatric-disorders-2

Postpartum Support International
postpartum.net

MotherToBaby
mothertobaby.org

National Maternal Mental Health Hotline
mchb.hrsa.gov/national-maternal-mental-health-hotline

CDC Hear Her Campaign
cdc.gov/hearher/index.html

National Alliance on Mental Illness
nami.org

Louisiana 988
louisiana988.org

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Facts for Pregnant and Postpartum Women

with Mental Health and/or Substance Use Conditions



If you have mental health conditions such as depression or anxiety or use substances such as tobacco or alcohol and are pregnant or are planning to conceive, you should talk to your doctor before becoming pregnant or as soon as you learn that you are pregnant.

Most people with mental health or substance use conditions have healthy babies, especially when they get the right treatment and care. Early diagnosis and management of postpartum mental health and substance use conditions are vital for the health of you and your baby.

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Your provider should know ...

- Your current and past medical history, including mental health and substance use conditions
- Your goals for your mental health and well-being
- Your pregnancy history, including infertility or pregnancy loss and other medical complications
- Your current and past medication names and dosages and any side effects
- Treatments that have helped you the most with mental health and substance use
- Any economic or financial issues, including housing stability, food security, job security, and health insurance
- The support you should expect from your partner, family, friends, and community during and after pregnancy
- Your breastfeeding plans

Ask your provider ...

- How will treatment for my mental health or substance use challenges affect me?
- What mental health symptoms might I experience during pregnancy and postpartum?
- What are the risks and benefits of my current medicines during pregnancy and breastfeeding?
- What risks are associated with not continuing my current medications or other treatments?
- What other treatments might be helpful during my pregnancy and postpartum?
- Are there any resources that would be helpful? Who can help me find them?



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