

# Anxiety and Pregnancy

## Learning the Symptoms and Finding Help

**Anxiety disorders are health conditions that can be treated.**

Everyone feels anxious sometimes. This is when you feel nervous, worried, or concerned. But an anxiety disorder is more than a temporary worry or fear.

An anxiety disorder causes your feelings to get in the way of your everyday life. The anxiety may be intense or last a long time.



**Anxiety disorders are very common.**

**Nearly 1 in 5 adults has an anxiety disorder.**

**Anxiety may begin during or after pregnancy.**

An anxiety disorder may arise for the first time in your life during pregnancy or after delivery. Anxiety can start at any time during or after pregnancy, up to a year after delivery. Sometimes anxiety begins after weaning your baby from breastfeeding or when your periods return.

**Anxiety most often starts right after delivery and up to 6 weeks postpartum.**

## Look out for common symptoms.



Mental and emotional symptoms, such as constant worry, tension, and a feeling of doom



Physical symptoms, such as trouble sleeping, a rapid heartbeat, dizziness, chest or stomach pains, headaches, or nausea



Changes in behavior, such as avoiding something you fear, avoiding leaving your home, or constantly watching for danger

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## There are effective and safe treatment options.

Talk with your obstetrician–gynecologist (ob-gyn) if you think you might have anxiety. Together you and your ob-gyn can discuss treatment and support options, including

- therapy
- medication
- support groups and community resources
- self-care strategies

**Getting help is the best thing you can do for you and your family.**



## Resources

Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

**Helpline and support groups for anyone needing help during or after pregnancy.**

Substance Abuse and Mental Health Services Administration  
(SAMHSA) Helpline

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

**Free, confidential help in English and Spanish.**

National Suicide Prevention Lifeline

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Free help from trained counselors by phone or live online chat.**

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