



Maternity emotional wellness program

What every mother should know about depression and anxiety during their pregnancy.

Mental health screening

Many women experience mental health challenges during pregnancy or postpartum. Screening during every trimester helps identify issues before they become severe.

During each appointment, ensure your provider conducts mental health screenings and assesses your overall well-being throughout this journey. Early interventions matter for you and your baby.

Signs and symptoms of perinatal depression:

- Feeling sad or hopeless most of the time
- Lack of interest in things you used to enjoy
- Trouble coping with daily tasks
- Unexplained irritability or anger
- Scary thoughts
- Sleeping too much or too little
- Constant worry about your baby
- Less interest in self-care (fixing hair, dressing for the day)
- Feeling very anxious or nervous



If you experience any of the above signs and symptoms, it is important that you let your provider know immediately.

YOU ARE NOT ALONE.

Healthcare professionals have the resources to assist you in the treatment of perinatal depression and anxiety.

A very small number of women suffer a severe form of perinatal depression called postpartum psychosis.

If you feel extreme confusion, hear voices, have thoughts of hurting yourself or your baby, or experience excessive agitation, call 911 or go to the nearest emergency room.

Treatment options for perinatal depression:



Counseling:

A social worker, counselor, or psychologist can assist with coping mechanisms and serve as a resource.



Medications:

Your provider may recommend medication to help manage your symptoms. Speak with your provider to discuss your options.



Social support groups:

In-person or virtual gatherings of other expectant mothers or friends can help improve your well-being and provide support. Visit www.postpartum.net/get-help/psi-online-support-meetings to learn more about online support groups.

How can Wellfleet support you during pregnancy?

Wellfleet's maternity wellness program helps expectant mothers stay healthy throughout their pregnancy and postpartum, and it is available at no cost to our members.

We offer case management services to our pregnant and postpartum members. Case managers are nursing professionals experienced in maternal care, and they will assist with your questions regarding:

- Nutrition, dietary, and exercise recommendations
- Mental health
- Breastfeeding
- Your baby's growth and development
- Medication management
- What to ask your provider
- How to educate other children and family at home about the new baby expectations

Your case management nurse will supply educational materials throughout your pregnancy. Nurse specialists will also provide ongoing support, discussion, and clinical input.



Get started today

To learn more about Wellfleet's maternity wellness program, call the number on back of your ID card or email clinical@wellfleetinsurance.com.



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