

Maternal Mental Health Benefit

Pregnancy, birth, and early parenthood can be stressful times for parents. 1 in 5 women have a mental health issue during pregnancy or in the year after birth. Getting help early can help improve the health outcomes for both you and your baby.

If you are having any of the following:

- Sadness or depression
- Anxiety or worry
- Cranky with those around you
- Changes in your sleeping or eating patterns
- Difficulty bonding with your baby
- Worry about hurting yourself or your baby

You are not alone.



Let Us Help Connect You to Services!

L.A. Care covers individual and/or group counseling sessions for perinatal women for up to 20 sessions.

**Call Carelon Behavioral Health, L.A. Care's vendor, at:
1-877-344-2858 (TTY: 1-800-735-2929)**