



HAVE YOU BEEN PREGNANT IN THE PAST 12 MONTHS?

WATCH FOR THESE WARNING SIGNS



**Headache that
won't go away or
gets worse over time**



**Dizziness or
fainting**



**Changes in
your vision**



**Body temperature
of 100.4°F or higher,
or 96.8°F or lower**



**Extreme swelling
of your hands
or face**



**Thoughts of
harming yourself
or your baby**



**Trouble
breathing**



**Chest pain or
fast-beating
heart**



**Severe nausea
and throwing up**



Seizure



**Problems urinating
or changes in urine**



**Severe swelling,
redness, or pain of
your leg or arm**



**Incision that is
not healing**



**Overwhelming
tiredness**



**Bleeding, soaking through one pad
per hour, or blood clots the size
of an egg or bigger**

If you have any of these symptoms after pregnancy, contact your healthcare provider and get help right away. If you can't reach your provider, go to an emergency department or call 911.

Be sure to tell them you were pregnant within the last year.



This list is not meant to cover every symptom you might have.
If you feel like something just isn't right, seek care.



YOU ARE NOT ALONE: MATERNAL MENTAL HEALTH AND SUBSTANCE USE SUPPORT

PERINATAL RECOVERY AND SUBSTANCE USE: STEPS TO SUPPORT YOUR HEALTH



Find a trusted provider for postpartum care

Talking about substance use and mental health can be hard. Working openly with a provider you trust can make a difference in your care.



Consider reducing your use

Using fewer substances, smaller amounts, or less often can positively impact your recovery journey. There are additional resources that can support your unique needs, including Naloxone/Narcan.



Self-care is important

You deserve a healthy postpartum recovery. Eating healthy, rest and movement, and spending time with people and activities that bring joy are just a few ways to support yourself.



Medications for addiction treatment are available

For people impacted by alcohol use and/or opioid use, these medications can help reduce cravings and support long-term recovery goals. Talk to your provider about medication options.



Start, update, or continue a family care plan (FCP)

A FCP is a helpful tool that outlines various supports that you have in place to support the health and well-being of your baby, yourself, and your family. Learn more at sepict.org/family-care-plan.

WHAT ARE URGENT/CRISIS RESOURCES IF I AM IN NEED?

- If you are feeling overwhelmed, sad, or anxious and need someone to talk to, call or text the National Maternal Mental Health Hotline for free and confidential support: 1-833-TLC-MAMA (1-833-852-6262)
- If you are concerned about alcohol or substance use, call Connecticut's 24/7 Substance Use Services Access Line: 1-800-563-4086
- If you are experiencing difficult or suicidal thoughts, dial 988 for mobile crisis services
- If you are experiencing a life-threatening situation, dial 911 immediately

For women's specific treatment and recovery resources, including the Women's REACH program, please visit: portal.ct.gov/womensservices. For more information about perinatal mental health resources, visit the Connecticut Chapter of Postpartum Support International (PSI) website: psichapters.com/ct.



FLIP FOR URGENT MATERNAL WARNING SIGNS ➡