



Risk factors for postpartum mood disorders and substance use disorders:

- Mother is younger than 25
- Pregnancy was unplanned
- Mother has financial worries
- There is a lack of practical support (someone to help care for baby, run errands, take to doctor, etc.)
- Lack of emotional support (for example, from partner, family, or friends)
- History of birth trauma (real or perceived): bad outcome, unplanned outcome, NICU stay, negative emotions surrounding labor and delivery
- Difficult infant temperament
- History of postpartum depression with prior pregnancy

Helpful phone numbers:

Postpartum Support International Help Line: **800-944-04774**

National Suicide & Crisis Lifeline: **988**

Reference:

Postpartum Support International, <https://www.postpartum.net>

<https://provider.simplyhealthcareplans.com> | <https://provider.clearhealthalliance.com>

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