



Some women who are experiencing symptoms of depression during pregnancy do not necessarily seek help, perhaps because of shame or fear. However, this should not happen. It is important to be able to identify these symptoms, the pregnant woman, the relatives and the OB/Gyn, in order to receive the necessary help and prevent risks and possible complications.

If at any time you feel sad or distressed, seek professional help. You can communicate confidentially to the following number: **1-844-337-3331**



FOR MORE INFORMATION, talk with your doctor or call us at the **Beneficiary Services Center** at:

1-844-336-3331
(TOLL FREE)

787-999-4411
TTY (HEARING IMPAIRED)

**MONDAY THROUGH FRIDAY FROM
7:00 A.M. TO 7:00 P.M.**

You can also call us 24 hours, 7 days a week to the medical consulting line

HACIENDO CONTACTO:
1-844-337-3332
(TOLL FREE)

PLANVITALPR.COM

TTY: 711
(only deaf and hearing impaired's service)



DEPRESSION DURING PREGNANCY





Motherhood is a process where women experience many changes, physical and mental. Usually, the pregnant woman looks happy and positive for the arrival of her baby. However, at other times, you may experience feelings of sadness, stress and emotional vulnerability. These feelings could be Depression.

SYMPTOMS

- Depressed mood (sadness)
- Decreased interest or pleasure in activities that previously did
- Significant weight loss
- Insomnia
- Loss of energy
- Feelings of worthlessness or guilt
- Low concentration
- Recurring thoughts of death

CAUSES

- Genetic factors or inheritance
- Stress
- Hormonal changes
- Imbalance of neurotransmitters dopamine, noradrenaline and serotonin
- Other diseases

RISK FACTORS

- Personal history of depression or another mental illness
- Family history of mental illness
Lack of support from family and friends
- Anxiety or negative feelings about the pregnancy
- Postpartum depression in previous pregnancies
- Problems with a previous pregnancy or birth
- Marriage or money problems
- Stressful life events
- Role stress
- Young age
- Substance abuse



TREATMENT

- Psychotherapy: ideal treatment
- Antidepressants
- Combination of both has been proven to be more successful and increases maternal functioning

IN ADDITION TO TREATMENT, THERE ARE ALTERNATIVE METHODS TO MANAGE DEPRESSION DURING PREGNANCY. THESE ARE:

- Exercise
- Social activities (like visiting cinema or theater)
- Set optimistic goals
- Support group