

What is mental health and why does it matter?

Mental health affects how you feel, act, make choices, and think. It might change how you feel about yourself or make it hard to understand your feelings or emotions. Depression and anxiety are two words you will hear when talking about mental health. Talking about mental health is important and does not mean you are weak or broken. But if you do not try to make your mental health better, it won't go away and can get worse over time.

What is anxiety?

Anxiety is when a feeling of worry doesn't go away. Anxiety can make you not feel like yourself. It can cause aches, pains or trouble sleeping. You may feel grumpy, or easily annoyed, overwhelmed or mad. While stress is part of life that comes and goes, the worrying you do with anxiety does not go away.

Women get anxiety or depression twice as often as men.

What is depression?

Depression is more than just feeling sad, and often needs a doctor to help treat it. Other than feeling sad, you may not enjoy doing your normal activities, eat more or less than normal, have trouble focusing or making decisions, or have headaches or stomach aches.

So what can I do?

You have options! There are many things you can do to make your mental health better.



Talk to a doctor or health care provider. They can help you pick the best ways to make your mental health better.



Counseling is where you will talk with someone about how you feel. Counseling is a safe and private way to talk and get help. A counselor can help you find out what is hurting your mental health and share ways to help make it better.



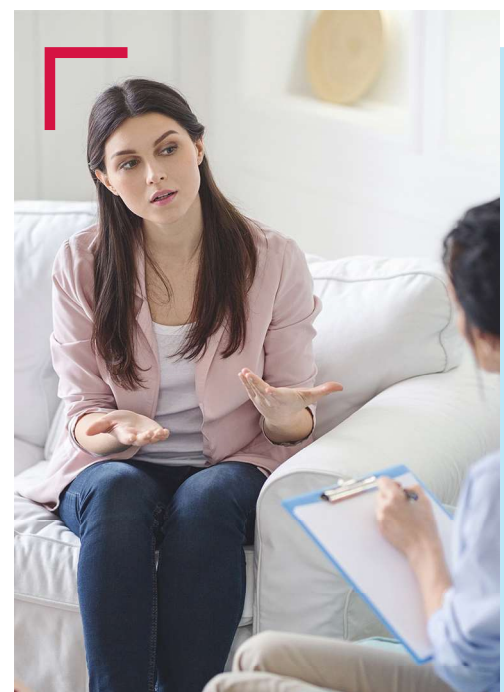
Your doctor or healthcare provider might give you medicine to help you feel better. It can take time before you start feeling better. Do not make changes without talking to your doctor.



Sometimes using medicine and counseling together will be the best choice.



Sharing with others might help you see you're not alone and how friends and family can help. Being around others can help you feel better.



I'm fine, do I really need to do anything?

Yes! It is easy to think that many signs of anxiety and depression are caused by something else, like stress, or being nervous or angry. It is important to know for sure because many people with anxiety or depression don't get treated for years. Untreated depression or anxiety can lead to other diseases and may affect the life of your family or children. It is best to talk to a health care provider to find out for sure.

What to know if you're thinking about or recently had a baby.

Pregnancy and having a baby are important times in your life! But this can cause some people to feel anxious or sad. If you're pregnant and don't treat depression or anxiety, it could get worse. You might have early labor, have a baby that is too small, or consider suicide.

If you recently had a baby, the 'baby blues' might leave you feeling sad, or anxious. This usually goes away within two weeks. For one out of five new moms, this may not go away. Postpartum depression or anxiety lasts beyond the two-week baby blues and can happen until your baby turns one.

Your health care provider can talk to you about options that are safe for pregnancy and breastfeeding. Talk to your doctor today about making the best changes for you and your baby.

**Are you having thoughts of hurting yourself or others?
Get help now! Call or text 988.**

**Did you know *half* of
people with depression
also have anxiety?**



**Depression in women is
most common in ages 25-44.**

Resources for Parents and Families:

Ohio CareLine
800-720-9616

24/7, free, confidential support
from a licensed professional.



Mental Health America of Ohio
614-315-8989

in-person & online groups to help
moms and families dealing with mental
health needs during parenthood.



This publication was supported by the Title X Service Grants of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$20,762,235 with 43% funded by Title X Service Grants/OASH/HHS and \$28,002,229 amount and 57% funded by non-government source(s). The contents are those of the author (s) and do not necessarily represent the official views of, nor an endorsement, by Title X Service Grants/OASH/HHS, or the U.S. Government. For more information, please visit <https://opa.hhs.gov/grant-programs/title-x-service-grants>.