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**Take Care of your Emotional Health**

***Anxiety and depression are common during pregnancy, but you don’t need to suffer alone. You can take care of your mental health by:***

* *Practicing mindfulness*
* *Managing your stress*
* *Talking openly with your provider about how you’re feeling*
* *Finding the right therapist*
* *Relying on your support system*

**Things to Know about Mental Health During Pregnancy**

**3**

**1**

**2**

**Identify your Support System**

***Having a support system can help with your well-being and reduce stress during pregnancy.***

* *Bring your support person with you to your prenatal appointments*
* *Make connections with other pregnant and expecting parents*
* *Create a list of who you can call when you need support during and after pregnancy*

**3**

**Be Picky about your Provider**

***Finding the right doctor, doula, and/or midwife can take time. It’s recommended to find a provider who:***

* *Creates a safe environment where you feel cared for*
* *Takes the time to listen to your experiences and concerns*
* *Welcomes your support person to your prenatal visits*

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Insert two sentence biography of subject matter expert.