EMOTIONS SPEAK LOUDER THAN WORDS: KNOW THE MENTAL HEALTH EFFECTS OF PREECLAMPSIA AND HELLP SYNDROME

Any Woman. Any Pregnancy.

What women need to know:

Preeclampsia can be an emotionally and physically traumatic experience

Women who experience preeclampsia are 4-10 x more likely to be at risk for post traumatic stress disorder (PTSD)

It’s ok to mourn your loss and get any help you need

The loss of your expected delivery experience IS a loss

Physical and emotional distress after preeclampsia is normal - get the help you need

What you can do to FEEL BETTER

If you are experiencing symptoms of stress, anxiety or depression that you believe are related to your pregnancy, get help immediately

Be your own advocate for the help you need

Talk to your doctor about the mental health effects of a traumatic pregnancy

Visit www.preeclampsia.org to connect with other women who have experienced preeclampsia and its mental health effects

www.preeclampsia.org

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