

Grief & Postpartum Mental Health

Titles:

“Coping with Grief”

“After Baby: Taking Care of Your Mental Health”

Grief is a natural response to loss after abuse, miscarriage, death, or divorce etc.

Experts say grief heals better when we talk about it, rest, and remember.

What you should know:

- Grief is normal after abuse, miscarriage, or loss.
- Talk about the person or event.
- Light a candle or plant something to remember them.
- Rest, eat, and allow yourself to cry.

Postpartum Includes:

According to research, 1 in 5 new mothers feel sad, anxious, or disconnected. This is called postpartum depression - and it's not your fault.

Experts recommend getting support early. Talking helps. Therapy helps. You're not alone.

- 1 in 5 women feel down after birth.
- It's okay to need help.
- Look for signs: feeling hopeless, not bonding with baby, lack of energy.
- Morayo can connect you to care.