

support during and after your pregnancy.

helping you feel your best with talk therapy
through MDLIVE.

Your body undergoes significant changes during and after pregnancy, impacting your hormones, physique, and sleep. This can be a lot to process and manage on your own, which is why it is important to have the support you need on this journey.

signs you may need more support during your pregnancy and post-partum journey¹:



Not being able to sleep or wanting to sleep constantly



Drastic changes in appetite



Ongoing mood swings for two months or more



Feeling sad, worthless, hopeless, or guilty



Worrying excessively or feeling on edge



Lack of interest in your baby, or feeling anxious around them



access personalized support that helps you:

- Navigate life as you transition into parenthood
- Understand how to cope with the emotions and challenges of parenthood
- Learn how to prioritize your own self-care, such as getting enough sleep, eating well, and staying connected with those you love
- Schedule convenient, flexible sessions 7 days a week, including evenings to fit your busy schedule.
- Attend appointments from the privacy and safety of your home.
- Have your first therapy appointment in a week or less.

**1 in 5 women suffer from
a mental health disorder
in the months before or
after giving birth.²**



get started in 3 quick steps:

- 1 Create an account or log in. Then, complete a brief health profile.
- 2 Browse through our network of professionals. Under the specialty type, select either **Women's Health** or **Pregnancy/Infertility**.
- 3 Select the date and time for an appointment that works best for you and your busy schedule.



Create
your
account

Get the app



mdlive.com/bcbsnm

888-858-5074

¹ Source: <https://www.cope.org.au/expecting-a-baby/mental-health-conditions-pregnancy/common-mental-health-symptoms-in-pregnancy/>
² <https://www.aamc.org/news/toll-maternal-mental-illness-america>

This is mostly talk therapy. Providers will not prescribe medication(s) to pregnant or breastfeeding people. For severe cases, you'll be directed to connect with your OBGYN. Check your plan documents for eligibility and details. Not all plans include coverage for behavioral health services.

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