

PROVIDING SUPPORT FOR POSTPARTUM ANXIETY

Healthcare providers are often the first to recognize signs of postpartum anxiety and connect parents to resources. Postpartum anxiety is intense worrying after the birth of a child that interferes with daily life. It is a common and treatable condition. Here are some tips for providing empathic, effective support. For more information, see our [Recognizing Postpartum Anxiety](#) resource.

1

BE AN ACTIVE LISTENER

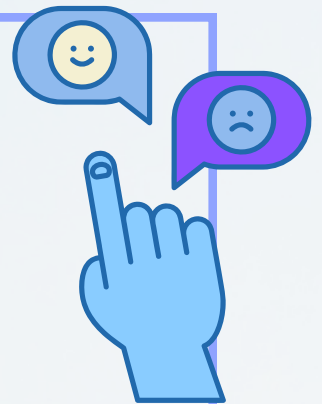
Reflect the parents' concerns and let them know you see their struggle.

I hear you're worried about your baby. Those worries can really weigh on you.

2

SCREEN REGULARLY

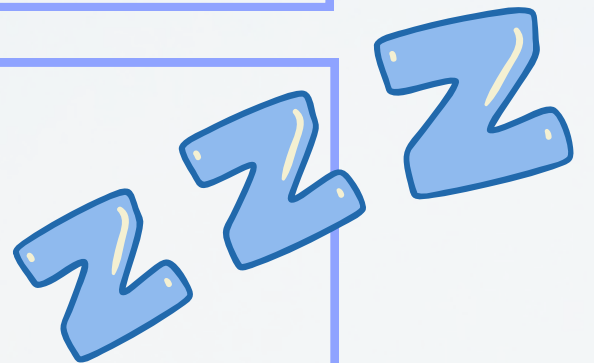
Providers can conduct screening for postpartum anxiety using standardized assessment tools, such as the General Anxiety Disorder-7 Scale (GAD-7), the Edinburgh Postnatal Depression Scale (EPDS), and the Postpartum Specific Anxiety Scale (PSAS).



3

ENCOURAGE REST

Lack of sleep can worsen anxiety. Encourage new parents to take breaks and prioritize sleep.



4

EXPRESS CONCERN

Show that you take parents' wellbeing seriously and provide education and resources.

What you are describing is very common and can affect how you enjoy parenthood. There are effective treatments that can help you feel better.

5

CONNECT TO CARE

Support parents in getting connected to mental health services. Both therapy and medication can be effective in treating postpartum anxiety.

