

# 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](http://www.preeclampsia.org)** to connect with other women who have experienced preeclampsia and its mental health effects

