

When to Seek Support

Reproductive and Maternal Mental Health

Am I Struggling with Infertility?

- I'm grieving the monthly cycle of hope and disappointment.
- I feel guilty, ashamed, or angry about my body
- Trying to conceive is taking a toll on my relationship
- I'm unsure whether to pursue reproductive support or other treatment options
- Friends and family don't understand what I'm going through

Do I Need Support During Pregnancy?

- I'm experiencing unexpected mood swings or sadness
- Worry about birth or parenting readiness is consuming me
- I feel overwhelmed or disconnected from my pregnancy
- My pregnancy is high risk or has medical complications
- I think I should feel grateful, but I don't

Could This Be Postpartum Anxiety or Depression?

- I feel persistently sad, irritable, anxious or detached
- Guilt or shame are impacting my parenting
- I'm angrier or more dysregulated than before
- There is strain or distance in my relationship with my partner
- I think I should feel grateful, but I don't

Am I Still Grieving a Miscarriage or Loss?

- I feel guilty, ashamed or confused about what happened
- My loss feels lonely and there is limited support
- I have questions about trying again or growing my family

Email or Call For Support Today



amanda@headwaytherapygroup.com



(760) 496-8941