

CHILDBIRTH TRAUMA CAN BE...

- I experienced a lack of **privacy** and **dignity** during labor and delivery
- I was **afraid** for my, my baby's, and/or my partner's life
- I felt like my **concerns** were not being listened to
- I did not receive **information** or **explanations** about what was happening during childbirth
- I had an **unplanned/undesired** intervention used during the birth of my baby
- I had an **unplanned** caesarean section



- Up to **45%** of new mothers have reported experiencing birth trauma.

National Institute of Health

- **1 in 5** cis-gendered women are impacted by mental health conditions

Maternal Mental Health Leadership Alliance



**Thurston County
Public Health & Social Services**

*In Partnership with the Thurston County
Perinatal Mental Health Task Force*

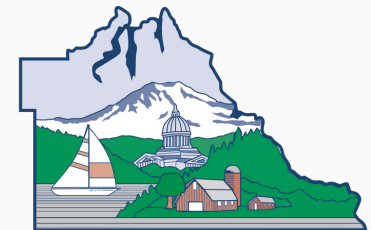
360-867-2500
412 Lilly Rd. NE
Olympia, WA 98506



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CHILDREN, YOUTH & FAMILIES**



**CHILDBIRTH WASN'T WHAT
YOU HAD HOPED FOR...
NOW WHAT?**



THURSTON COUNTY
WASHINGTON
SINCE 1852

Connect with us at @ThurstonHealth



BIRTHING EXPERIENCE REFLECTION

Talking about your birth story can help with processing and self-reflection. It may also help you recognize any birth trauma



"I felt like a failure"

***"I was asking myself:
If others are coping really
well, why am I not?"***



LOCAL RESOURCES

Thurston County Parenting &
Postpartum Support Group
(Call 360-968-4037)



Thurston County Perinatal
Resource and Referral Guide



OTHER RESOURCES & SUPPORT

Perinatal Support of
Washington
(Call or Text 1-888-404-7763)

Postpartum Support
International
(Call or Text 1-800-944-4773)

***"I felt completely
powerless and scared"***

***"I felt so helpless, there
was nothing I could do to
help my partner, it was
out of my control"***