



Maternal Mental Health Awareness

www.morningstar-counseling.com

In Native communities, Mothers are honored as life-givers, caretakers, and culture-bearers. Yet the journey of motherhood, especially before, during, and after birth, can come with emotional challenges that deserve understanding, support, and healing.

Understanding and Supporting the Mental Journey of Motherhood

Maternal mental health includes the emotional, psychological, and social well-being of women during pregnancy and in the first year after giving birth. Conditions like postpartum depression, anxiety, and birth trauma are common, and treatable.

But too often, Native women face barriers to care due to stigma, lack of access, or fear of being misunderstood in mainstream systems. You are not alone. You are not to blame. With support, you will be well.

Traditional teachings remind us that healing happens in connection with family, with community, with ceremony, and with the land. When Native mothers are supported by doulas, aunties, grandmothers, and culturally grounded care, they are more likely to thrive.





*Let's lift up our mothers with love,
compassion, and culture.
A well-supported mother helps heal
generations.*



Signs to Watch For

- Feeling overwhelmed, hopeless, or disconnected from baby
- Trouble sleeping or eating
- Feeling unworthy, ashamed, or fearful
- Intrusive thoughts or flashbacks, especially after a difficult birth

Support is Sacred

-  Talk to a trusted Elder, Relative, Health Provider, or Therapist
-  Join a local or virtual Talking Circle
-  Connect with Native maternal health workers or behavioral health teams
-  Reclaim balance through culture, ceremony, and self-compassion

Asking for help is okay!



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am-Midnight.

society of care 

