"You're not pregnant."

Hearing these words can be devastating when you've been trying to conceive. Coping with infertility comes with a multitude of negative emotions that may leave you feeling cheated by life. It's normal to experience a wide variation of emotions when you are on this path of unexpected outcomes.

Depression and anxiety may be common among those coping with fertility issues. Coping with infertility may feel like an emotional and financial gamble when dealing with a flood of medical decisions.

If you are struggling emotionally while coping with infertility, you are not alone & your feelings are valid.

The fertility journey is complicated and can result in heartaches and numerous losses.

You don't have to suffer in silence.

Speak with a mental health professional if you are exhibiting signs of depression or anxiety.

INFERTILITY RELATED DEPRESSION AND ANXIETY MAY INCLUDE:

- Trouble sleeping or sleeping too much
- Eating more or less than normal
- Feeling irritable, angry, nervous, or exhausted
- Intense feeling of inadequacy
- Feeling guilty, worthless or hopeless
- Feeling lonely and isolated
- Low energy or trouble concentrating
- Thoughts of harming yourself or others

Symptoms of depression will differ from person to person and may appear days, weeks, or even months after a loss.
TAKING CARE OF YOUR MIND AND BODY

Always Remember:
- You are whole
- You are enough
- It is natural to grieve your losses
- You are deserving
- You are not a failure
- Tears are okay
- You are resilient
- You are not alone

Rest and eat healthy.
Getting adequate amounts of sleep and eating well are essential for your physical and mental health.

Exercise.
Exercising improves mental health by reducing stress & anxiety and by improving self-esteem and overall mood.

Share your feelings.
Find a community of people who support you to share your feelings. Talking to others about your challenges may create a sense of belonging.

Make time for fun.
Take care of yourself by partaking in activities such as reading, date night with partner or friends. Don't neglect yourself on this journey.

Prioritize Your Mental Health
The Partnership for Maternal and Child Health of Northern New Jersey’s Emotional Health Phone Support program can help. Please call to speak with a Perinatal Mental Health Coordinator who will connect you to mental health services and support groups.

Call (973) 268-2280 ext. 154 or visit partnershipmch.org/programs/ppd

Additional Resources
The American Society for Reproductive Medicine provides education and facts about reproductive health. reproductivefacts.org

Family Equality’s Path2Parenthood program provides resources for the LGBTQ community members interested in becoming parents or growing their families. familyequality.org

Resolve, The National Infertility Association provides information, education, and support to family who are coping with infertility. resolve.org

Return to Zero: H.O.P.E. provides grief support, education, and awareness to both parents and providers. rtzhope.org

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