

Processing your birth doesn't have to be lonely.



3 ways to find free emotional support after birth

1

**Did your birth feel traumatic?
Get information and support
at BirthTrauma.utah.gov.**

Up to 45% of new moms report having birth trauma. Birth trauma is when a traumatic experience happens during birth and causes lasting distress. This can happen no matter how successful your delivery may have been. Birth trauma is determined by the individual.

Birth trauma can happen when there is:

- Fear for you or your newborn's life.
- A feeling of not being in control during labor.
- Emergency cesarean section (c-section).
- A significant loss of blood during birth.
- Lack of respect or compassion from medical team.
- Other obstetric emergencies or complications.
- Pelvic floor injuries.
- Preterm birth.
- Perinatal loss.
- Need for resuscitation.
- NICU stay.*

*This is not meant to be an exhaustive list, birth trauma can happen for many reasons.



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2

Join an online support group.

Find one on our website, BirthTrauma.utah.gov.

3

Talk to a mental health professional.

Call or text 1-833-852-6262 (1-833-TLC-MAMA) for the National Maternal Mental Health hotline. For suicide and crisis support dial 9-8-8.

Scan here to visit our website



**Department of Health
& Human Services**

Family Health

If you had a traumatic birth, you are not alone.

This is Desiree.
Hear her story on our website.

Questions?

Email birthtrauma@utah.gov