

# Scary Thoughts FAQ



## What are Scary Thoughts?

- Unfamiliar thinking that can interfere with the well-being of a new parent.
- Scary thoughts refer to negative, repetitive, unwanted, and/or intrusive thoughts or images that can bombard you at any time.

## What they are NOT:

- They DO NOT make you a “bad parent”
- They are NOT consistent with who you are as a person
- You are NOT “losing your mind”
- Thoughts DO NOT lead to action
- They are NOT uncommon
- You are NOT alone

## Categories of Scary Thoughts:

- **Extra Worry:** Constant worry that gets in the way of daily life
- **Overthinking:** Focus on causes & meaning of distress, “stuck”
- **Intrusive Memories:** Unwanted memories of traumatic event
- **Misreading body signals as serious:** Very alert to any changes and thinks they might be dangerous
- **Obsessive Thoughts:** Thoughts or images that keep coming back and are tough to stop

## The More You Know

- Brought on by the birth of a baby
- It seems scary, but there’s **no real threat**
- You feel like you have no control over them
- **What you feel matters** more than the thought itself
- **91% of moms** and **88% of dads** struggle with **Obsessive Thoughts**
- Having scary thoughts doesn’t mean something is wrong with you, you don’t need a diagnosis

## When you can get help

Scary Thoughts can show up at any moment in pregnancy or within two years postpartum.

They don’t follow a schedule, and they can feel overwhelming—but support can change the entire experience.

***Reaching out is a powerful first step.***

## How to Contact

- Want to learn more about our Postpartum Supports? Scan this QR code to read about our programs and **fill out the self-referral form:**
- Or talk to one of our program staff at our drop-in centers.

