

Nurturing Yourself Through Pregnancy - High-Risk Pregnancies & Beyond



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Pregnancy is often described as a time of joy and anticipation—but for women navigating high-risk pregnancies or healing from traumatic birth experiences, it can also bring deep emotional and psychological challenges. This April, we're highlighting the importance of behavioral health support for women during high-risk pregnancies and postpartum recovery, and how the right care can make a world of difference.

Caring for the Whole You: Why Behavioral Health Matters

High-risk pregnancies can come with increased medical monitoring, uncertainty, and physical demands, often taking a toll on emotional well-being. The stress of medical complications, the stress of medical complications and associated risks, or traumatic experiences can lead to anxiety, depression, and even PTSD.

This is where behavioral health may play a vital role. Our minds and bodies are closely linked, and supporting your mental health during this time is a vital part of comprehensive pregnancy care.

In this blog you can expect:

Caring for the Whole You

Stress Management Techniques

Healing After Traumatic Births

Comprehensive, Collaborative Care

Support Networks



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Stress Management Techniques for High-Risk Pregnancies

Managing stress isn't just about feeling better—it can have real impacts on your pregnancy. Here are a few evidence-based ways to stay grounded:

- Mindfulness and meditation
- Gentle movement, like prenatal yoga
- Therapeutic support and journaling
- Restorative sleep and structured routines

Healing After Traumatic Birth Experiences

If your pregnancy or birth experience didn't go as planned, or if you faced emergencies, NICU time, or loss, it's common to experience emotional aftershocks—sometimes well beyond the “baby blues.” Symptoms like flashbacks, nightmares, emotional numbness, or persistent sadness may point to postpartum depression (PPD) or post-traumatic stress disorder (PTSD).

You deserve support—and healing is possible with the right care.



Comprehensive, Collaborative Care: Behavioral Health + Maternal Medicine

Colorado Women's Behavioral Health and Wellness (WBHW) offers comprehensive, personalized support for individuals navigating high-risk pregnancies or healing from traumatic birth experiences. We provide care in a compassionate, trauma-informed environment designed to help parents feel grounded, supported, and empowered. Because every pregnancy and childbirth experience is unique, we believe your care should be personalized to reflect your individual needs and preferences. Give us a call and our team will work with you to identify the services that are the best fit for you.

Services within CO WBHW that offer care designed for people experiencing high-risk pregnancies or traumatic birth experiences include:



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The Connections Program for High-Risk Infants and Families works hand-in-hand with **Maternal-Fetal Medicine (MFM) specialists** to support women with high-risk pregnancies who have an unborn baby with (or at high risk of being born with) medical complications, parents of newborn babies with medical complications, parents coping with the loss of a baby, and babies and young children born with medical complications. This **collaborative approach** ensures:

- Providers understand both your mental and physical health needs
- You receive specialized, coordinated care
- Emotional support is embedded in your pregnancy and postpartum journey

Learn more: [Connections Program for High-Risk Infants and Families](#)

The Traumatic Birth Group Therapy Program is an 8-week group therapy for women experiencing birth trauma after a frightening, distressing, or disempowering birthing experience. It is for women who are 1 year postpartum, but individuals planning a future pregnancy or currently pregnant following a traumatic birth may be considered for enrollment.

<https://medschool.cuanschutz.edu/psychiatry/PatientCare/colorado-center-for-women's-behavioral-health-wellness/clinical-services#ac-traumatic-birth-5>

Learn more: [WBHW Clinical Services](#)

The Healthy Expectations Perinatal Intensive Outpatient Program offers a higher level of structured mental health care for pregnant and postpartum individuals experiencing moderate to severe depression, anxiety, or trauma. This evidence-based program provides:

- Therapeutic group treatment three days a week
- Individual counseling
- Psychiatry services for medication management
- Specific support around transition to new parenthood and nurturing your relationship with your infant.

Learn more: [Healthy Expectations IOP – CU School of Medicine](#)



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Support Networks in Colorado and Beyond

You don't have to do this alone. Here are trusted local and national support resources:

Local Peer Support Services

- **The Birth Squad** – Peer-led perinatal support groups (CO Perinatal Mental Health Project) <https://thebirthsquad.com>
- **Afterglow Postpartum Support Group** – Free community group (Denver) <https://www.psychologytoday.com/us/groups/afterglow-postpartum-support-group-denver-co/110232>
- **MotherWise Colorado** – Workshops and coaching for expecting moms <https://motherwisecolorado.org>
- **Little Birdie Birth Services** – Support in Colorado Springs <https://www.littlebirdiebirth.com>
- **Black Mamas Circle Support Group** is a community-led peer-facilitated mental health support group offered **in partnership with Colorado Women's Behavioral Health and Wellness**. Guided by community members and by a Black perinatal psychiatrist, Black Mamas Circle's mission is to be welcoming and uniquely inclusive to Black women and their babies. Black Mamas Circle provides weekly support sessions with the primary goal of increasing access and support around perinatal mental health care for Black moms and babies. <https://medschool.cuanschutz.edu/psychiatry/PatientCare/colorado-center-for-women's-behavioral-health-wellness/clinical-services#ac-traumatic-birth-5>
- **CU Anschutz Connections** page offers resources for NICU families, including a comprehensive Parent Resource Guide to help navigate the emotional challenges of a NICU stay and how to Support Family or Friends Experiencing the Loss of a Pregnancy or infant. <https://medschool.cuanschutz.edu/psychiatry/PatientCare/connections-program/resources-for-families>

National Resources

- **Postpartum Support International** – postpartum.net
- **March of Dimes – Share Your Story** – share.marchofdimes.org
- **The Blue Dot Project** – thebluedotproject.org
- **Moms Mental Health Initiative** – momsmentalhealthmke.org
- **CU Anschutz Connections** page offers resources for NICU families, including a comprehensive Parent Resource Guide to help navigate the emotional challenges of a NICU stay and how to Support Family or Friends Experiencing the Loss of a Pregnancy or infant. <https://medschool.cuanschutz.edu/psychiatry/PatientCare/connections-program/resources-for-families>



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You Deserve to Feel Safe, Supported, and Heard

No matter where you are in your journey—pregnant, postpartum, healing, or just trying to make sense of it all—your mental health matters. It's okay to ask for help. It's okay to feel overwhelmed. And it's absolutely okay to prioritize your well-being.

Thank you for reading!

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References

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<https://www.acog.org/womens-health/faqs/mental-health-disorders-in-pregnancy>

Postpartum Support International (PSI) Support for Postpartum Depression and Mental Health
<https://www.postpartum.net/>

Centers for Disease Control and Prevention (CDC) Depression Among Women
<https://www.cdc.gov/reproductivehealth/depression/index.htm>

National Institute of Mental Health (NIMH) Perinatal Depression.
<https://www.nimh.nih.gov/health/publications/perinatal-depression>

March of Dimes High-Risk Pregnancy Information and Support <https://www.marchofdimes.org/find-support/topics/pregnancy/high-risk-pregnancy>

Mayo Clinic High-Risk Pregnancy: What You Need to Know <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/high-risk-pregnancy/art-20047012>

Mental Health America (MHA) Postpartum Mental Health <https://www.mhanational.org/issues/postpartum-mental-health>

National Partnership for Women & Families Maternal Mental Health Resources
<https://www.nationalpartnership.org/our-work/health/maternal-mental-health.html>

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