

What to expect in every stage of life



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Feeling Happy? Sad? Hormones do that.

[Get Help](#)



Dreaming of the day when hormones don't affect you? As much as we wish we could live without them, hormones play an important role in our daily lives. They can even influence serotonin, a chemical that controls your mood. As your hormone levels rise and fall, your serotonin levels will too. Your levels and how they may impact your mental health can change during each stage of your life.

Periods

Premenstrual syndrome symptoms probably aren't new to you. You might've experienced anxiety, mild depression, irritability, fatigue and cravings when you're expecting your period.

Some women experience a more extreme form of PMS, called Premenstrual dysphoric disorder. PMDD causes many of the same symptoms as PMS in addition to more severe mental health issues like:

- feeling on edge or overwhelmed
- anxiety and panic attacks
- depression or suicidal thoughts

Pregnancy and Postpartum

Did you know that up to 20% of women suffer from anxiety or depression during pregnancy and postpartum? You might feel ashamed for feeling down during such a happy time, but what you're experiencing is normal. Be kind to yourself and remember that your mental health is just as important as your baby's needs.

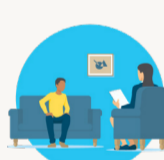
Peri and Post Menopause

"The big change" brings hormonal dips that can put you at an increased risk of depression. Most of the time, these "dips" in your mood are mild and temporary. Talk to your provider if you have symptoms of depression that are affecting your life, like:

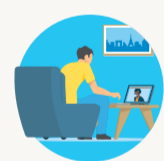
- constantly feeling sad, hopeless or angry
- change in appetite
- lack of motivation
- brain fog
- anxiety

Get Help

Breaking up with your hormones isn't an option, but your TRS-ActiveCare plan gives you plenty of choices to get help for your mental health.



In-Person – Take advantage of low copays and see an in-network therapist, psychiatrist, or other mental health professional. [Headway](#) is a new program that makes finding mental health providers and scheduling appointments easier.



Virtually – Use Teladoc to speak with a licensed mental health provider online or over the phone.



Digitally – [Learn to Live](#) is a digital mental health program **available at no added cost to you**. Its programs can help you with stress, anxiety, depression, substance abuse and more.



Need a provider?

You can use [Provider Finder](#) to find an OBGYN, Primary Care Provider, mental health provider and more. For help finding a provider or scheduling an appointment, call a Personal Health Guide at **1-866-355-5999** or chat in the BCBSTX App, available 24/7.

[Get Help](#)

www.bcbstx.com/trsactivecare



Source:

[Premenstrual syndrome \(PMS\)](#), Mayo Clinic

[Premenstrual dysphoric disorder. Different from PMS?](#), Mayo Clinic

[What expectant moms need to know about mental health during and after pregnancy](#), American Heart Association

[Can Menopause Cause Depression?](#), John Hopkins Medicine

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Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide virtual medical care for members with coverage through BCBSTX.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.

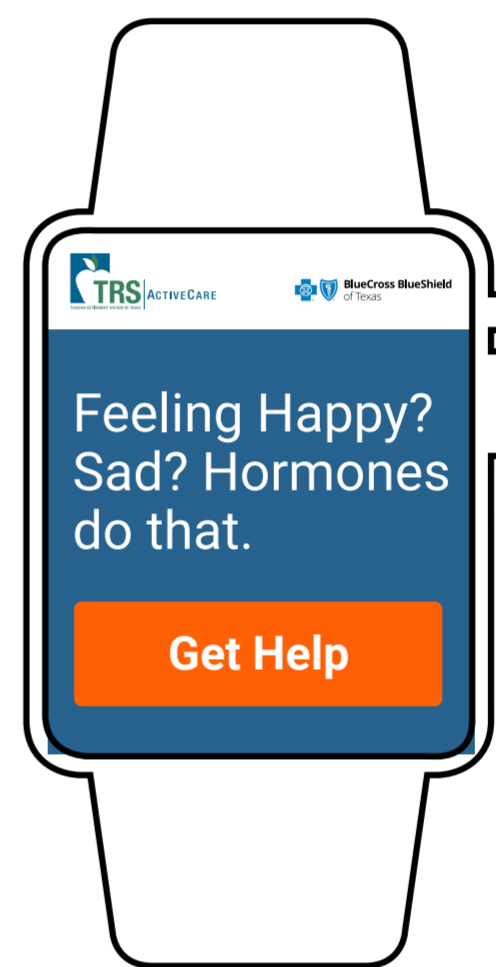
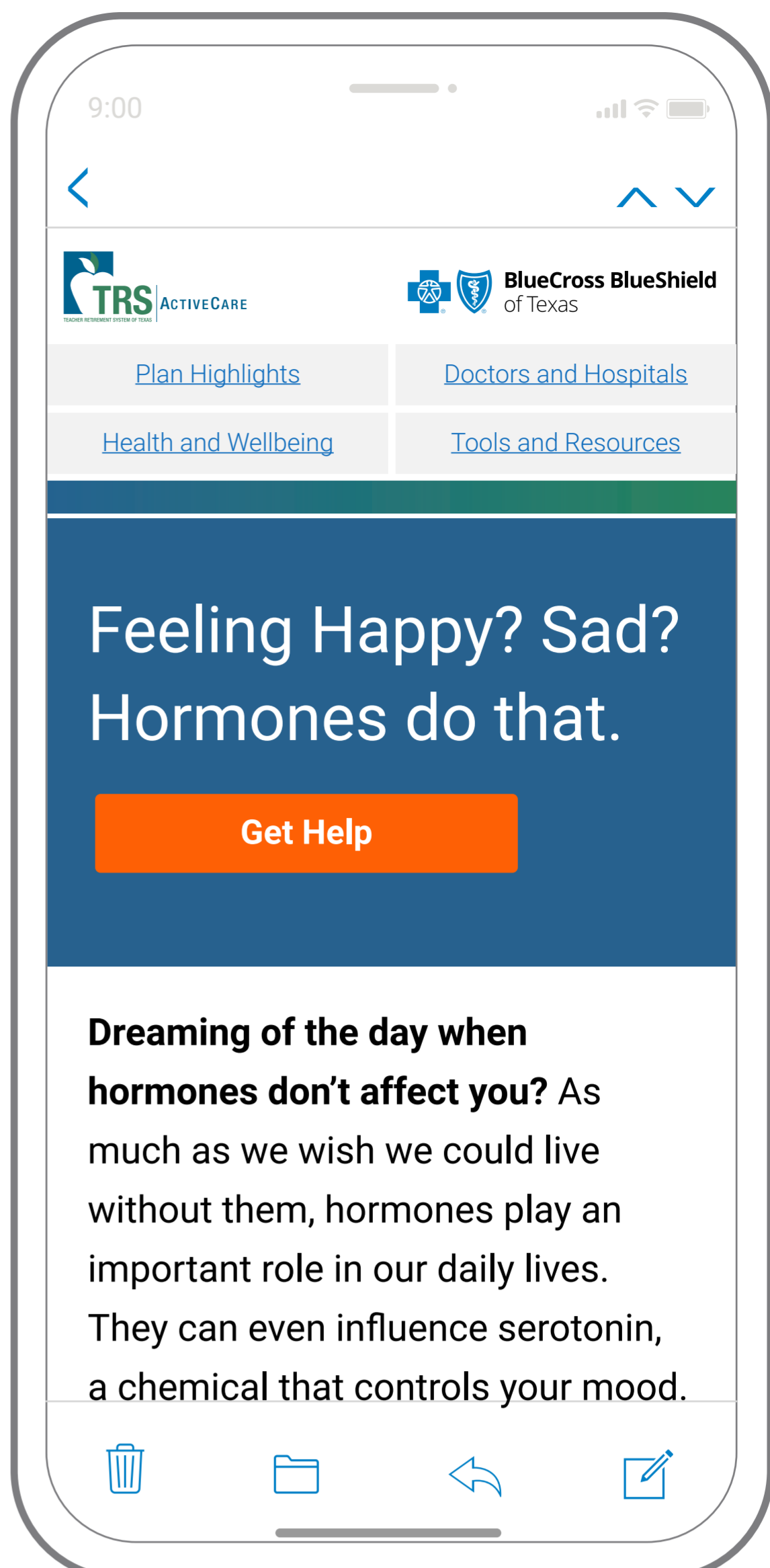
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