Our mission at CherishedMom is to Promote awareness and education for perinatal mental health and the importance of self-care to new moms, families, healthcare professionals and the community.

### Postpartum Depression
- Affects 20% of mothers after delivery
- Symptoms: Aches/Pains, Low mood, Crying, Hopelessness, Sad, Thoughts of Self Harm, Anger or Rage, Lack of Motivation, No Energy, Feel Worthless or Guilty, Withdrawing, Losing Interest in Things you used to Enjoy, Not Bonding with Baby, Inability to Sleep, Increased or Low Appetite

### Baby Blues
- Affects 70-80% of mothers after delivery
- Symptoms: Insomnia, Anxiety, Fatigue, Mood changes, Crying for no Reason, Fatigue, Restless, Insomnia, Poor Concentration
- Seek help if symptoms last more than 2 weeks

### Postpartum Anxiety
- Affects 10% of women after delivery
- Symptoms: Racing Thoughts, Dizziness, Nausea, Constant Worry, Racing Thoughts, Intrusive Thoughts, Sleep Disturbances

### Postpartum Bipolar Disorder
- Affects 2.9% of mothers after delivery
- Symptoms: Mood swings, Delusions, Impulsiveness, Rapid Speech, Little Need for Sleep, Racing Thoughts, Trouble Concentrating, Delusions, Severe Depression, High Energy, Grandiose Thoughts

### Postpartum Obsessive Compulsive Disorder
- Affects 3-5% of mothers after delivery
- Symptoms: Obsession, Compulsion, Horror, Fear, Intrusive Thoughts, Fear of Being Alone with Baby, Hyper Vigilance in Protecting Infant

### Postpartum Psychosis
- Affects 1-2 out of every 1000 mothers after delivery
- Symptoms: Delusions, Hallucinations, Irritation, Paranoia, Strange Beliefs, Hyperactivity, Hyper Religiosity, Rapid Mood Swings, Inability to Sleep, Difficulty Communicating
- It is a medical emergency requiring urgent treatment

### Baby Blues
- Affects 70-80% of mothers after delivery
- Symptoms: Insomnia, Anxiety, Fatigue, Mood changes, Crying for no Reason, Fatigue, Restless, Insomnia, Poor Concentration
- Seek help if symptoms last more than 2 weeks

### Postpartum Obsessive Compulsive Disorder
- Affects 3-5% of mothers after delivery
- Symptoms: Obsession, Compulsion, Horror, Fear, Intrusive Thoughts, Fear of Being Alone with Baby, Hyper Vigilance in Protecting Infant

### Postpartum Post Traumatic Stress Disorder
- Affects 9% of mothers after delivery
- Symptoms: Flashbacks, Anxiety, Panic Attacks, Avoidance of Stimuli Associated with Event

### Postpartum Support International helpline: 800-944-4PPD (4773)
### National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

PMADs are temporary and treatable with professional help.

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