Getting Help You deserve...

If you’re struggling with your mental health, it’s never too late (or too soon) to let someone know. Your thoughts and experiences are valid! Processing them with a provider and obtaining appropriate treatment and support can help improve symptoms! You are not alone and deserve to feel well and thrive for you and your baby!

Who to Call for Help....

Always call your healthcare provider if you are experiencing signs or symptoms of a perinatal mood or anxiety disorder.

Treatment for PMAD:

The best treatment may include:
- Cognitive Therapy
- Medications (talk with your provider)
- Peer Support

Accept or ask for help with various chores or tasks. Get outside, be active, stay hydrated and eat well when possible! Do not give up… it takes time!

You are NOT alone, You are ENOUGH and you are doing an AMAZING JOB!

RESOURCES

Cherished Mom - cherishedmom.org
Postpartum Support International (PSI) - postpartum.net
PSI Perinatal Specific Warmline - 1-800-944-4773
Find a provider: psidirectory.com
or reach out to us

If you are in crisis or having thoughts or harming yourself or others, please call 911, go to your local mental health crisis center or the ER

Suicide Prevention Hotline: 1-800-273-8255 or text 741741

For more information about our programs visit:
www.cherishedmom.org

Promoting education, support, and awareness of perinatal mood disorders to moms, families, healthcare professionals and the community

423-742-6739
www.cherishedmom.org
facebook.com/cherishedmomorg/
What are Perinatal Mood and Anxiety Disorders?

Perinatal mood and anxiety disorders” (PMADs) is an umbrella term that encompasses maternal mental illness during pregnancy and up to one year postpartum. PMADs are a leading complication of childbirth in the US, affecting up to 20% of women. These disorders can affect all women – regardless of ethnicity, age, or socioeconomic status.

More than Postpartum Depression

**Baby Blues:** Affect up to 85% and last up to two weeks

**Perinatal Depression:** Affects approximately 20% of postpartum women

**Perinatal Anxiety:** Approximately 6% of pregnant women and 10% of postpartum women develop anxiety

**Perinatal Obsessive Compulsive Disorder (OCD):** Affects up to 3-5% of new mothers.

**Perinatal Post Traumatic Stress Disorder (PTSD):** An estimated 9% of women experience PTSD following childbirth.

**Perinatal Psychosis:** Affects 1-2 per 1000 deliveries and is a medical emergency with high risk of suicide and/or infanticide.

You are at RISK if you have:

- Symptoms of depression during or after a previous pregnancy
- History of depression or bipolar disorder
- A family member with depression or other mental illness
- A stressful life event during pregnancy or shortly after giving birth (such as job loss, death of a loved one, domestic violence, or personal illness)
- Medical complications during childbirth, pregnancy loss or termination
- NICU stay for baby
- Mixed feelings about the pregnancy (whether it was planned or unplanned)
- A lack of strong emotional support (from spouse, partner, family, or friends)
- Alcohol or other substance abuse concerns

Signs and Symptoms:

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Thoughts that create instant fear & anxiety (intrusive thoughts)
- Worrying or feeling overly anxious
- Feeling Moody, irritable, or restless
- Oversleeping, or being unable to sleep even when your baby is asleep
- Having trouble concentrating, remembering details, and making decisions
- Experiencing anger or rage
- Losing interest in activities that are usually enjoyable
- Suffering from physical aches and pains, including frequent headaches, stomach problems, and muscle pain
- Eating too little or too much
- Withdrawing from or avoiding friends and family
- Having trouble bonding or forming an emotional attachment with your baby
- Persistently doubting your ability to care for your baby
- Thinking about harming yourself or your baby