It has been proven that Perinatal Mood and Anxiety Disorders (PMADs) affect up to 20% of women during pregnancy or after birth, making it the number one complication of childbirth. Cherished Mom wants women, families and the community to be aware of the risk factors, signs and symptoms and the possibility of perinatal mood and anxiety disorders throughout pregnancy and following childbirth. We have made it our goal to help fill the educational void that is lacking.

Our mission at Cherished Mom is to promote education, support, and awareness of perinatal mood disorders to moms, families, healthcare professionals and the community.

PMADs affect 1 in 5 women and same number of women with symptoms of PMADs do not tell their provider.
You are **NOT** alone, You are **ENOUGH** and you are doing an **AMAZING JOB**!

**Signs & Symptoms and Possibility of PMADs:**

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Worrying or feeling overly anxious
- Feeling Moody, Irritable, or Restless
- Oversleeping, or being unable to sleep even when her 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 her baby
- Persistently doubting her ability to care for her baby
- Thinking about harming herself or her baby

**Available Resources:**

Postpartum Support International - www.postpartum.net
PSI Warmline 1-800-944-4773
National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use their webchat on suicidepreventionlifeline.org/chat