

HELPFUL TIPS

- Discuss your feelings with your health care provider or a counselor trained in perinatal mood and anxiety disorders.
- Educate yourself about perinatal mood and anxiety disorders.
- Exercise and go outside.
- Maintain healthy eating habits.
- Find time to rest.
- Make time for yourself to do things you enjoy.
- Ask for help from family and friends.
- Join a local peer support group (*Moms Support Circle* meets bimonthly at The Women's Hospital).
- Don't give up! It may take more than one try to get the right help you need.

Book Suggestions:

This Isn't What I Expected,
by Karen Kleiman, MSW and
Valerie Raskin, MD

*Life Will Never Be the Same: The Real Mom's
Postpartum Survival Guide*
by Ann Dunnewold, PD

Websites:

www.postpartum.net
www.postpartumdads.org

Postpartum Support International
Warmline: 1-800-944-4PPD

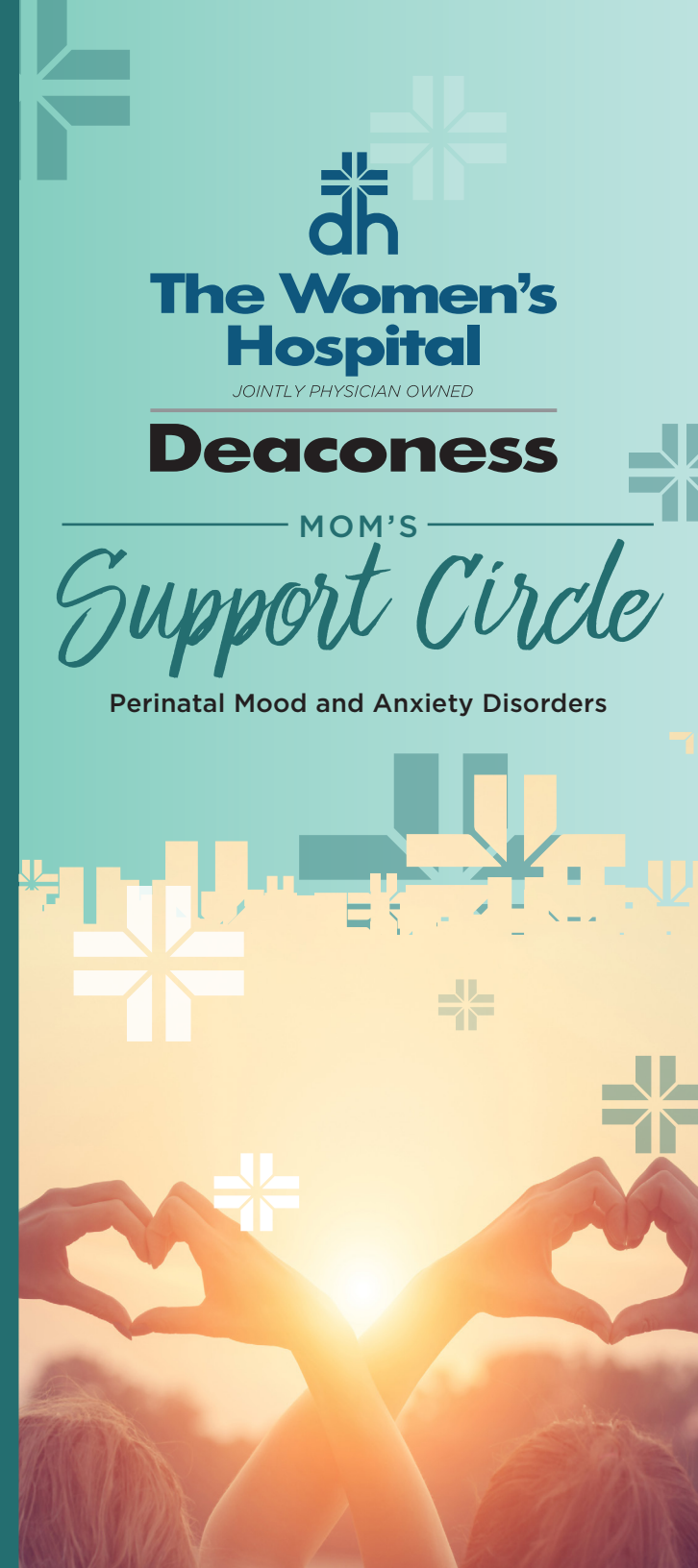
TREATMENT OPTIONS

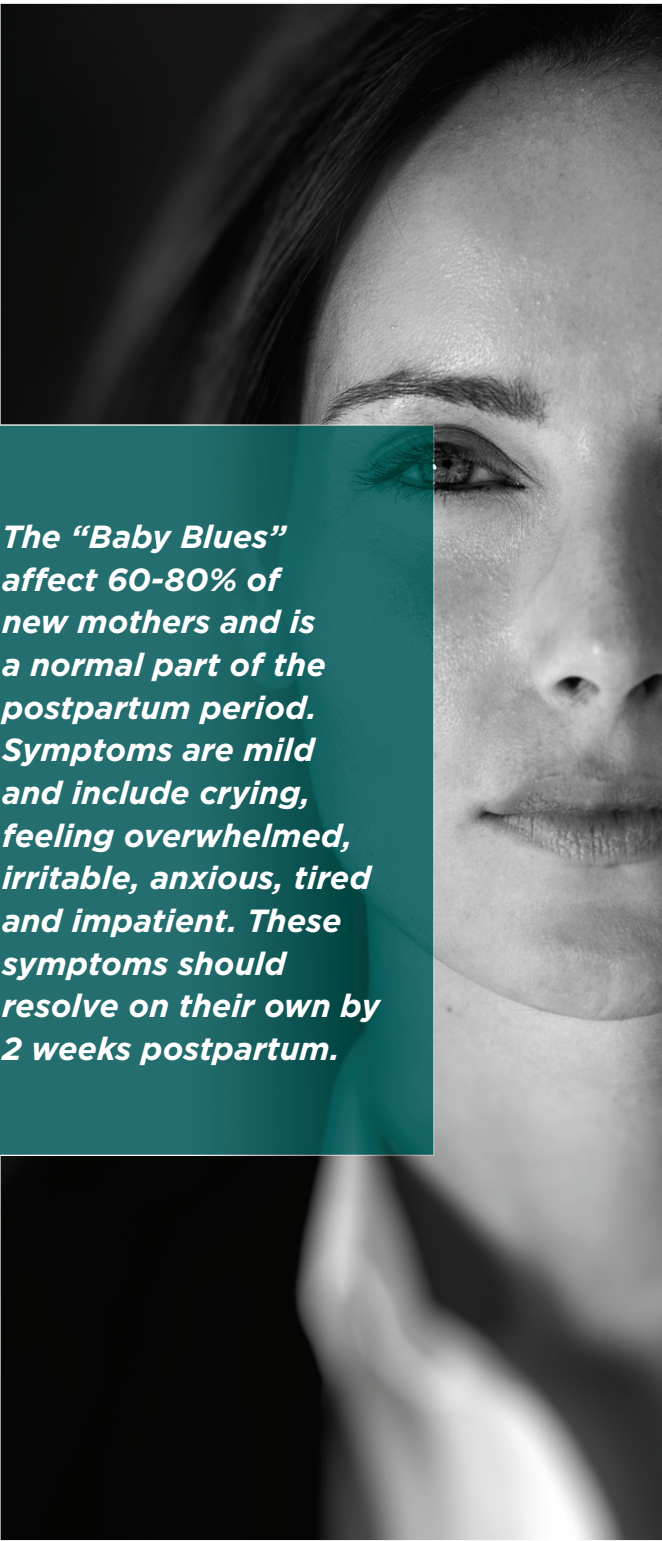
- Medication
- Private or Group Therapy
- Peer Support Group
(Mom's Support Circle at The Women's Hospital)

Call your health care provider today! They may refer you to a trained professional who can offer emotional support and help you find ways to cope.

Mom's Support Circle is a free peer support group for mothers experiencing a perinatal mood disorder. We meet the 1st and 3rd Tuesday of every month at The Women's Hospital. Come and listen or discuss your thoughts and feelings with other moms experiencing similar emotions. Please call **812-842-4275** for more information on how to join our group.

Sources: Postpartum Support International (PSI) www.postpartum.net
Postpartum Support International's
2-Day Certificate of Completion Program for
Perinatal Mood Disorders Components of Care.





The “Baby Blues” affect 60-80% of new mothers and is a normal part of the postpartum period. Symptoms are mild and include crying, feeling overwhelmed, irritable, anxious, tired and impatient. These symptoms should resolve on their own by 2 weeks postpartum.

WHAT IS A PERINATAL MOOD AND ANXIETY DISORDER?

- A mental health disorder occurring during pregnancy or up to 1 year after baby is born.
- Includes disorders such as postpartum depression, anxiety, panic, psychosis, bipolar disorder, obsessive compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).
- Affects 1 in 7 mothers and 1 in 10 fathers.
- Most common complication of childbirth.
- If left untreated, may disrupt mother-baby bonding, interrupt the infant’s development, cause family & relationship conflicts, and in serious cases, lead to harm to self or baby.

WHO IS AT RISK?

- Personal or family history of a mood disorder
- Recent stressors (illness, divorce, move, job change, death, financial setback)
- Lack of social support
- Pregnancy or breastfeeding complications
- Prior episode of a perinatal mood & anxiety disorder
- Perfectionist personality/high motherhood expectations
- Traumatic labor and delivery
- Fussy, sick, or high-need baby
- History of miscarriage, abortion, or infertility
- Unplanned pregnancy
- Stressful relationship with significant other
- Mother of multiples

- Mother of infant(s) in NICU
- Thyroid imbalance
- History of severe PMS symptoms or mood changes while taking birth control or fertility drugs

SIGNS AND SYMPTOMS

- Sadness or depression
- Loss of interest, joy, or pleasure
- Overwhelmed
- Low self esteem
- Guilt and shame
- Appetite changes
- Anger, rage
- Feeling like “I’m never going to be myself again”
- Irritable or tense
- Anxious or panicky, constant worry
- Trouble bonding with baby
- Feeling “out of control” or “going crazy”
- Feeling like no one understands
- Inability to care for self or family
- Disconnected or scared
- Sleep disturbances
- Inability to concentrate or focus
- Feeling like “I’m a bad mother”
- Impatient
- Powerless, alone
- Extreme tiredness
- Feeling like each day is so long, there is no end in sight, no hope
- Thoughts of harming self or others

You are not alone. You are not to blame. With help, you will get well.