

Why Perinatal Mental Health Matters

Becoming a parent is a major life change. If you have a hard time during pregnancy or in the first year after birth it could be an adjustment period, “baby blues”, or something more. Notice your feelings, talk to a professional and learn more about Perinatal Mood and Anxiety Disorders (PMADs):



DID YOU KNOW?

1 in 5 moms and **1 in 10 dads** will experience a perinatal mental health disorder; something beyond an adjustment period or experiencing the baby blues.



Feelings of **anger, sadness, guilt, extreme worry, lack of interest in baby** could be Perinatal depression or anxiety



Feelings of **extreme worry and fear often about health and safety of baby** could be Perinatal anxiety or Perinatal Obsessive-Compulsive Disorder (OCD)



Feelings of **bipolar depression or mania (extreme highs and/or lows)** could be Bipolar Mood Disorders



Flashbacks of traumatic experience during pregnancy, delivery or postpartum or avoidance of reminders of the event could be Postpartum Post-Traumatic Stress Disorder



Paranoia, **seeing and hearing things that others can't** could be Postpartum Psychosis*

Your action plan for facing PMADs:



- Be kind to yourself
- Go outside for even just a few minutes each day
- Identify some time each day for **just you**, even 5 minutes



- Tell someone how you feel
- Seek connection with others, even if you want to be alone
- Establish expectations at home and with visitors
- Ask for help—start with your doctor, OB/GYN or a therapist

*Postpartum psychosis is a medical emergency.
Call National Maternal Mental Health Hotline: 1-833-852-6262
(1-833-TLC-Mama) or National Suicide Prevention Lifeline: 988