HOW ARE YOU FEELING NOW?

While many women experience some mild mood change or "the blues" during or after the birth of a child, 1 in 7 women experience more significant symptoms of depression or anxiety. 1 in 10 Dads become depressed during the first year.

PARENTS:

Are you feeling sad or depressed?

Is it difficult for you to enjoy yourself?

Do you feel more irritable or tense?

Do you feel anxious or panicky?

Are you having difficulty bonding with your baby?

Do you feel as if you are "out of control" or "going crazy"?

Are you worried that you might hurt your baby or yourself?

FAMILIES:

Do you worry that something is wrong but don't know how to help?

Do you think that your partner or spouse is having problems coping?

Are you worried that it may never get better?

Any parent can suffer from pregnancy or postpartum mood or anxiety disorders. However, with informed care you can prevent a worsening of symptoms and can fully recover. It is essential to recognize symptoms and reach out as soon as possible so that you can get the help you need and deserve.

THINGS YOU CAN DO

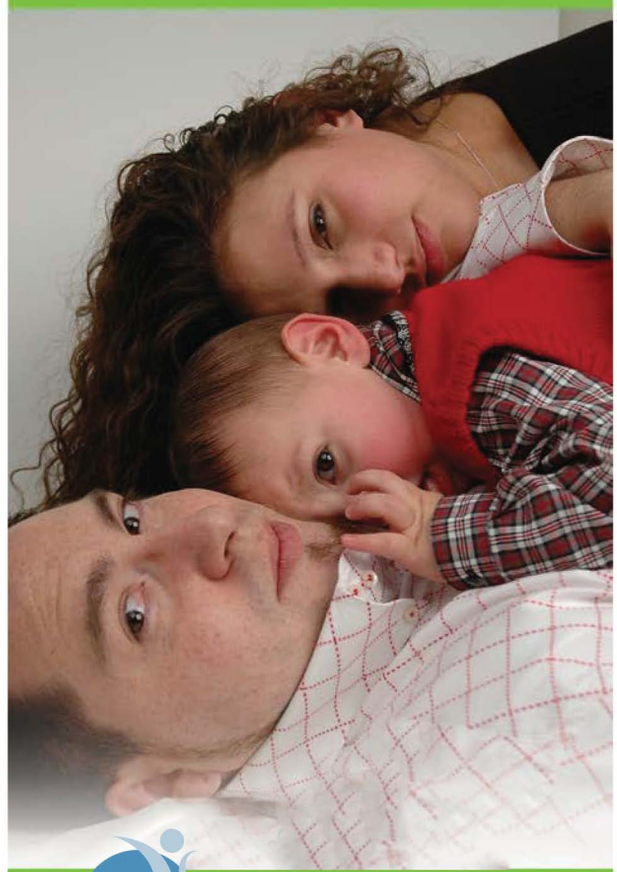
Being a good parent includes taking care of yourself. If you take care of yourself, you will be able to take better care of your baby and your family.

- Talk to a counselor or healthcare provider who has training in perinatal mood and anxiety problems.
- Learn as much as you can about pregnancy and postpartum depression and anxiety.
- Get support from family and friends. Ask for help when you need it.
- Join a support group in your area or online.
- Keep active by walking, stretching or whatever form of exercise helps you to feel better.
- Get enough rest and time for yourself.
- Eat a healthy diet.
- Don't give up! It may take more than one try to get the right help you need.
- Call or email us; we will help you.

@postpartumhelp

www.postpartum.net

Supporting Postpartum Families



PSI POSTPARTUM SUPPORT INTERNATIONAL

Postpartum Support International
Office: (503) 894-9453
Fax: (503) 894-9452
www.postpartum.net
psioffice@postpartum.net

1-800-944-4PPD (4773)

Brochures available in English & Español
Find them at www.postpartum.net/resources

Remember

you are not alone
you are not to blame
with help, you will be well

Call our Warmline
1-800-944-4PPD

Visit us on the web
www.postpartum.net

Postpartum Support International is a worldwide non-profit organization dedicated to helping women and families suffering from perinatal mood and anxiety disorders. PSI was founded in 1987 to increase awareness among public and professional communities about the emotional difficulties that women can experience during and after pregnancy. The organization offers support, reliable information, best practice training, and volunteer coordinators in all 50 U.S. states and more than 35 other countries. Working together with its volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families.

We Can Help
We Offer

PHONE SUPPORT
- Call the PSI Warmline (1-800-944-4PPD) for information and to get connected to resources for help and healing in your own community. Open during business hours Pacific Time, or leave a message any time.
- "Chat with the Expert" phone sessions. You can talk to an expert and get your questions answered in a safe and supportive setting with PSI's weekly chats. Chats for moms are on Wednesdays, and for dads on First Mondays. These conference calls are free and open to everyone. Callers may remain anonymous. Details at www.postpartum.net/resources.

WEBSITE
- Information and Articles about Pregnancy and Postpartum Mood Disorders
- Comprehensive List of Free Support Groups
- Knowledgeable local coordinators who will offer support, information, and resources, and email support
- Guide to Resources on the Web
- Calendar of events in the perinatal mood disorders community
- Latest News and Research
- Member's Section for Access & Networking

PSI NEWSLETTER
- Newsletter with updates on PSI activities
- Best practices, women's stories and legal issues
- Worldwide events and news

TRAINING
- Annual June conference to discuss latest science, treatment approaches, research, and social support systems.
- Standardized certificate training, manuals, and courses for professionals, volunteers, and support groups.
- Online Webinar certificate course in Maternal Mental Health.
- Training and guidance for developing social support groups and networks.

Parents of every culture, age, income level and race can get Perinatal Mood and Anxiety Disorders. Symptoms can appear any time during pregnancy and the first year after childbirth. There are effective and well-researched treatment options to help you recover. Although the term "postpartum depression" is often used, there are actually several overlapping illnesses.

- Pregnancy or Postpartum Depression might include feelings of anger, irritability, guilt, lack of interest in the baby, changes in eating and sleeping, trouble concentrating, thoughts of hopelessness and sometimes thoughts of harming the baby or yourself.
- Pregnancy or Postpartum Anxiety might include extreme worries and fears, including the health and safety of the baby. Some women have panic attacks and might feel shortness of breath, chest pain, dizziness, feeling of losing control, numbness and tingling.
- Pregnancy or Postpartum Obsessive-Compulsive Disorder might include repetitive, upsetting and unwanted thoughts or mental images, and sometimes the need to do certain things over and over to reduce the anxiety caused by those thoughts. These moms find these thoughts very scary and unusual and are very unlikely to ever act on them.
- Postpartum Stress Disorder is often caused by a traumatic or frightening childbirth, symptoms might include flashbacks of the trauma with feelings of anxiety and the need to avoid things related to that event.
- Postpartum Psychosis might include seeing or hearing voices or images others can't, feeling very energetic and unable to sleep, believing things that are not true and distrusting those around you. This rare illness can be dangerous so it is important to seek help immediately.