

Perinatal Mood & Anxiety Disorders (PMADS) are a group of illnesses that affect about 1 in 3 women during pregnancy and/or through the 1st year after childbirth. PMADS cause emotional and physical problems that make it hard for women to function (care for self, baby, home, work, etc.)

Most moms will experience the Baby Blues the first few weeks after delivery. This includes crying for no reason, easily irritated, anxious, sad, and just not feeling like 'myself.' This is normal and usually goes away in about 2 weeks.

Postpartum Depression (PPD) doesn't go away and can happen anytime after delivery...even 8 months later. PPD includes:

- difficulty sleeping
- lack of energy
- changes in appetite
- feelings of hopelessness/despair
- guilt/shame/anger
- scary thoughts about baby
- difficulty concentrating

Good news about PMADS - they are treatable! You don't have to feel bad. Let your healthcare provider know about the feelings you're having and get connected with a therapist who can help.



WHAT A PERINATAL MOOD & ANXIETY DISORDER MAY SOUND OR FEEL LIKE:

I just feel sad and tired.
I have to make myself
do simple things.

My mind is always racing
and I can't turn it off!

Even when I have the
chance to sleep, I can't.

I feel angry all the time.
The smallest things irritate
me.

I cry a lot. My baby
shouldn't see me like
this.

I think my
partner/baby
would be happier
without me.

Sometimes I can't take a
deep breath. My heart is
pounding and my hands
tingle.

I have no interest in
anything. Nothing makes
me feel happy.

