

# PMAD

Perinatal mood and anxiety disorders (or PMADs) encompass a range of mental health disorders- including depression, anxiety, obsessive compulsive disorder, and post-traumatic stress disorder- that occur during pregnancy or up to two years postpartum.

PMADS are the leading complication of childbirth, affecting 1 in 7 women.



## TRAIN

Providers to recognize and respond to PMADs

## SCREEN

All pregnant women and new parents for PMADs

## RESPOND

To PMADs with effective interventions

## SPEAK UP

About PMADs to eliminate stigma

## PREVENT

PMADs from impacting growing families

For more information visit [nvnmch.org](http://nvnmch.org) or for immediate assistance please call **PSI warm line at 1-800-944-4773**

*You are not alone. You are not to blame.*

*With help, you will be well.*

-Postpartum Support International



# MCH

NV Statewide Maternal and  
Child Health (MCH) Coalition