



Postpartum Support International Connecticut Chapter

PSI CT Believes...YOU ARE NOT ALONE: All mothers, fathers and families deserve support during pregnancy and parenthood. **YOU ARE NOT TO BLAME:** This time is challenging. **YOU WILL BE WELL:** Many types of support are available.



Motherhood is Challenging

But Sometimes it's More than That . . .

**Perinatal Mood & Anxiety Disorders Affect
1 in 5 women**

WHAT ARE PERINATAL MOOD DISORDERS?

Perinatal Mood & Anxiety Disorders, or PMADs, to include emotional and psychological complications that can occur during pregnancy, birth, and the first year after baby is born. Some worry is expected, but if your symptoms are impacting your quality of life, daily functioning, or relationship with your baby...



COMMON SYMPTOMS

- Sadness or loss of interest, depressed low-mood, tearfulness.
- Anxiety, excessive worry, obsessive worries, compulsive checking.
- Hypervigilance, around pregnancy and baby.
- Self-blaming thoughts
- Difficulty sleeping even when baby is sleeping.
- Low energy/motivation
- Difficulty concentrating
- Isolation and avoiding social events
- Irritability, anger and even rage
- Difficulty bonding, lack of connection
- Scary, intrusive thoughts.
- Thinking family would be better off without you or you are having suicidal thoughts .



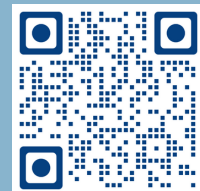
WHAT INCREASES YOUR RISK OF EXPERIENCING PMADS?

- A personal or family history of mental health issues
- Inadequate support in caring for the baby
- Financial stress or relationship stress
- Complications during pregnancy, birth or breastfeeding
- Recent major life events (loss, moving, job change)
- Being a parent of multiples
- If your baby is in the NICU
- Having gone through fertility treatment
- Thyroid imbalance
- Any form of diabetes



DO PMADS ONLY AFFECT WOMEN WHO GIVE BIRTH?

- 1 in 10 men experience a mood or anxiety disorder in the first year postpartum.
- Same-sex non-birthing partners also experience postpartum depression and anxiety
- Adoptive parents can experience similar emotions.
- Surrogates can also experience PMADS.



There is help available!

PSI HELPLINE: CALL/TEXT

 **1-800-944-4773**

MATERNAL MENTAL HEALTH HOTLINE

 **1-833-9-HELP4MOMS**

NATIONAL SUICIDE PREVENTION HOTLINE

 **988**



www.psictchapter.com



www.postpartum.net