Mental Health & Quitting Smoking

Quitting smoking is hard for anyone. If you have a behavioral health disorder such as depression, anxiety, a substance abuse disorder, bipolar mood disorder, or ADD/ADHD, quitting smoking can seem even harder.

Reasons why your mental health might make it harder for you to quit:
• Smoking medications may conflict with your other medications.
• You may live in a community where smoking is the norm.
• Your disorder may make withdrawal symptoms worse.
• You may have less motivation and energy to quit.
• Smoking may temporarily relieve your symptoms.
• Changing your habits might be really hard for you.
• Smoking makes you feel good and it might be hard to get feelings of pleasure elsewhere.

The Good News:
Many people with mental or behavioral health disorders can and DO quit!

Quitting smoking can also:
• Boost your confidence.
• Improve your mood.
• Improve your overall health.
• Give you more energy.
• Help you better deal with mental health symptoms.

You can quit! Concentrate on staying smoke-free one day at a time.
- Beverly

If you feel like you are or may be suffering from a mental health disorder; contact your provider. You can also contact: National Alliance on Mental Illness (NAMI) at 1-800-950-NAMI
Emotional Health & New Moms

Feeling tired, crabby, and not being able to sleep are all part of being a new mom - but what if it’s more serious than that?

Baby Blues
Signs and symptoms of the Baby Blues, which last only a few days or weeks, may include:

- Mood swings
- Anxiety (racing heart, fear, nervousness)
- Sadness and/or crying
- Irritability
- Decreased concentration
- Trouble sleeping

Postpartum Depression
Postpartum depression may appear to be the Baby Blues at first, but the signs and symptoms are more intense and longer lasting, eventually interfering with your ability to care for your baby and handle daily tasks. Untreated postpartum depression may last a year or more. Symptoms may include:

- Loss of appetite
- Intense irritability and anger
- Overwhelming fatigue
- Loss of interest in sex
- Trouble falling asleep or waking in the middle of the night
- Lack of joy in life
- Feelings of shame, guilt, or inadequacy
- Severe mood swing
- Difficulty bonding with the baby
- Withdrawal from family and friends
- Thoughts of harming yourself or the baby

Postpartum Psychosis
With postpartum psychosis — a rare condition that typically develops shortly after delivery — the signs and symptoms are even more severe. Signs and symptoms of postpartum psychosis may include:

- Confusion and disorientation
- Hallucinations and delusions
- Paranoia
- Attempts to harm yourself or the baby

If you suspect that you’re developing postpartum psychosis, seek medical attention immediately. Don’t wait and hope for improvement. Postpartum psychosis may lead to life-threatening thoughts or behaviors.

What To Do: If you’re feeling depressed after your baby’s birth, don’t be ashamed or embarrassed to admit it. It is VERY important to call your doctor if the signs and symptoms of depression:

- Don’t fade after two weeks
- Are getting worse
- Make it hard for you to care for your baby
- Make it hard to complete everyday tasks
- Cause you to have scary thoughts of harming yourself or your baby

To Get Help:

- If you are having thoughts about harming yourself or your baby - call 911.
- Call your Provider
- Call the Maternal and Child Health Hotline toll-free at 800-722-2295
- Call Perinatal/Postpartum Depression Phone Support (608)273-4724 (9am - 10 pm)

Remember – You are NOT alone!