



Maternal Mental Health

***Remember, you are not alone.
You are not to blame.
With help, you will be well.***

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.

Estes Park Health Services

Physician Clinic
Outpatient Services
Urgent Care Center
Emergency Department
Ambulance/EMS
Level IV Trauma Center
General Surgery
Orthopedic Surgery
Medical/Surgical Unit
Swing Bed Care

Birth Center

Diagnostic Imaging
Laboratory Services
Rehabilitation Services
Home Health Services
Hospice Care
Living Center/Skilled Nursing

**For immediate
help, call the
Birth Center
direct line:
970-577-4577**

Headline?

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 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 and 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 other 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 see help immediately.

General Resources

Call your provider

Dr. Koschnitzke: (970) 586-2200

Dr. Lampey: (970) 726-6778

Salud: (970) 586-4961

Postpartum Support International

Warmline: 1-800-944-4773

www.postpartum.net

Local Resources: Larimer/Boulder County

Sarah Hills, LPC: (720) 250-6610

934 Big Thompson Ave, Estes Park

Postpartum Wellness Center: (303) 955-6809

2300 Canyon Blvd #4, Boulder

Summitstone Health Partners (accepts Medicaid): (970) 586-9105

1950 Red Tail Hawk Drive, Estes Park