PMADS ARE MOST COMMON DURING PERINATAL PERIOD

The Perinatal Period can last from pregnancy through the first years of a child's life. There are things you can do NOW to help:

- Talk about your feelings with someone you trust.
- Talk to a health care provider who has training in perinatal mood and anxiety disorders.
- Attend a support group.
- Ask for help with housework and caring for your baby (family, friends, neighbors, doulas) and accept it when it is offered!
- Keep active. Just walking with the baby outside is great!
- Don't give up! It's ok if it takes more than one time to find the right help.



YOU ARE NOT ALONE

1 in 5 women and 1 in 10 men experience a perinatal mental health issue. Finding help can be hard. There are many ways to support your emotional well-being. If your symptoms get in the way of your daily functioning, seek help.

HELP IS AVAILABLE

If these symptoms continue or make it hard to enjoy life, it is time to seek help. You can recover from PMADs with proper treatment. Every feeling matters!

Text or call the Warm Line:
1-888-404-7763

THE "BABY BLUES"



Up to 80 percent of new parents experience a range of highs and lows during pregnancy or following birth. Usually, these "baby blues" are mild and pass quickly.

Joining a support group for new parents or talking with other parents can help you get a handle on normal "baby blues."

Some parents, however, experience more than the blues.

"Calling the Warm Line saved my life and was the beginning of getting help."

- Mother of two

Call or text the Perinatal Support Washington Warm Line at 1-888-404-7763. This direct connection to confidential, emotional support from fellow parents can assist with referrals to professionals, support groups, and other resources.

PERINATAL SUPPORT WASHINGTON

Created in partnership with Perinatal Support Washington and Strengthening Families Washington at the Department of Children, Youth, and Families.

If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email ***communications@dcyf.wa.gov****.*

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Every Feeling Matters



Recognizing Perinatal Mood & Anxiety Disorders (PMADs)

Call or text the Warm Line
1-888-404-7763

Se habla español.

www.perinatalsupport.org

Washington State Department of
CHILDREN, YOUTH & FAMILIES

PMADS CAN AFFECT ANYONE

Perinatal Mood and Anxiety Disorders such as depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder (PTSD), and postpartum psychosis can affect anyone, regardless of age, culture, or income level.



PMADS CAN BE TREATABLE

Having a baby is a major life change. Symptoms differ and may appear days, weeks, or even months for either parent after a pregnancy or birth. They may include:

- Trouble sleeping, or sleeping too much
- Eating much more or less than normal
- Feeling irritable, angry, nervous, or exhausted
- Lack of interest in baby, friends, and family
- Feeling guilty, worthless, or hopeless
- Excessive crying
- Feelings of being a bad parent
- Low energy, or trouble concentrating
- Thoughts of hurting the baby, yourself, or others

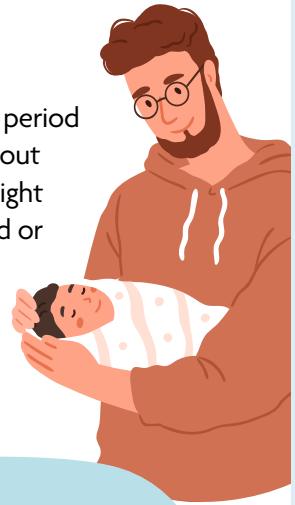
SYMPTOMS FOR DADS

If your partner is depressed, there's a good chance you are, too. Up to half of men whose partners have postpartum depression are depressed themselves.

- Feeling sudden waves of fear or anxiety that make it hard to breathe or think clearly.
- Having obsessive thoughts or compulsions
- Pulling away from friends, family or things you used to enjoy
- Struggling to fall asleep, or stay asleep, even when exhausted
- Spending lots of time working to avoid stress or difficult feelings
- Getting easily frustrated or feeling always on edge

NEW DADS

Talk to another dad about your mental health needs during this period as well as gather information about supporting your partner who might be experiencing their own mood or anxiety disorders. The Warm Line has dads available to talk about your or your partner's emotional health.



"This has been an incredible resource for my wife and I. We were both able to connect with others experiencing similar things, that helped minimize the isolation and allowed for discussions about strategies. One of the best mental health support services I have ever encountered!"

- Father

FOR FAMILIES AND FRIENDS

It's not always easy to know when someone you care about is struggling- but if something feels off, trust your instincts.

- Do you feel like something just isn't right?
- Are you worried they're not getting better, even after some time?

Your support really matters. Simply being there, listening, and showing you care can make a difference. But if their symptoms are intense or lasting more than two weeks, it may be time to gently encourage them to reach out for help.

"I wish others had been willing to listen and had been aware enough of what postpartum mood disorders are to tell me I wasn't imagining it all, and that I was going to get better."

- Adriene Nieves,
Postpartum Depression in Women of Color

