

Perinatal & Postpartum Mood & Anxiety Disorders Overview

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?
- Do you feel as if you are "out of control" or "going crazy"?
- Do you feel like you never should have become a mother?
- Are you worried that you might hurt your baby or yourself?

Need to talk to someone NOW?

Substance Abuse and Mental Health
Services Administration (SAMHSA)
National Helpline:
1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

National Alliance on Mental Illness
1-800-950-NAMI (6264)
<https://nami.org/#>

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
<https://suicidepreventionlifeline.org/>

For more information on Perinatal & Postpartum Depression:

National Institute of Mental Health
<https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

March Of Dimes
Postpartum Depression
<https://www.marchofdimes.org/pregnancy/postpartum-depression.aspx>

Postpartum Progress
<https://postpartumprogress.com/>

4th Trimester Project
<https://newmomhealth.com/>

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Perinatal and Postpartum Depression



While many women experience some mild mood changes during or after the birth of a child, 15 to 20% of women experience more significant symptoms of depression or anxiety. Please know that you can prevent a worsening of these symptoms and can fully recover. There is no reason to continue to suffer.

Women of every culture, age, income level and race can develop perinatal mood and anxiety disorders. Symptoms can appear any time during pregnancy and the first 12 months after childbirth. There are effective and well-researched treatment options to help you recover. Although the term "postpartum depression" is most often used, there are actually several forms of illness and it can occur during pregnancy. If you feel you have perinatal or postpartum depression, please tell your health care provider who can make a referral.

If you have emergency Medi-cal and think you may have postpartum depression, please speak with your health care provider. Medi-cal can be extended to cover depression.

Resources:

Beacon Health Options 855-765-9700

Beacon Health Options is the behavioral health partner of Central California Alliance for Health. Individual and group therapy, psychiatric consultation and psychological testing will be provided for *Alliance Medi-cal* members with mild to moderate symptoms.

Sierra Vista 642 W Main St, Merced 209-205-1058

<https://www.sierravistacares.org/sierra-vista-merced>

Sierra Vista provides outpatient counseling services for the treatment of mild or moderate mental health impairments for those with full scope Central California *Alliance Medi-Cal*.

Merced County Behavioral Health and Recovery Services (BHRS) (209) 381-6800 or toll free (888) 334-0163

<https://www.co.merced.ca.us/78/Behavioral-Health-and-Recovery-Services>

Merced County Behavioral Health and Recovery Services provides an array of behavioral health and supportive services to those aged 18 years and older suffering from a Serious Mental Illness.

Postpartum Support International (PSI) National Phone #: 1-800-944-4773 Merced County: 209-232-5727 Text or Call

<https://www.postpartum.net>

PPI provides information about perinatal and postpartum depression and will provide helpful resources.

Postpartum Depression Phone Support

1-800-773-6667 (1-800-PPD-MOMS)

This helpline is available Available 24 hrs/day, 7 days/week for anyone experiencing depression during and after pregnancy as well as for anyone concerned about a new mother. The phones are answered by trained crisis counselors who can provide information and referrals.



Did you know that fathers can get depressed and anxious after the birth of a child too?

<http://postpartummen.com/>