



WHO SHOULD I CONTACT FOR HELP?



Always call your healthcare provider if you are having symptoms of a perinatal mood or anxiety disorder.

For **PERINATAL-SPECIFIC SUPPORT** within 24 hours:

Call the **PSI Helpline**

1-800-944-4773

or TEXT

English 503-894-9453

Español 971-420-0294

If you are in **CRISIS** or having suicidal thoughts, call 911 or go to your local ER.

Additional resources include:

Mobile Crisis

855-274-7471

Suicide Prevention Hotline

Call 1-800-273-8255

or text 741741



Postpartum Support International - Tennessee

Web: <https://psichapters.com/tn/>

Facebook: Postpartum Support International - Tennessee

Email: tennessee.psi@gmail.com

SUPPORT GROUPS

ONLINE

- **POSTPARTUM SUPPORT INTERNATIONAL**
www.postpartum.net/get-help/psi-online-support-meetings/
- **THE MOM SUPPORT GROUP**
www.themomssupportgroup.com
- **CHERISHED MOM**
www.cherishedmom.org
- **READY NEST COUNSELING**
www.readynestcounseling.com/groups

IN-PERSON

- To locate a support group in your specific area of TN, visit <https://psichapters.com/tn/>



POSTPARTUM SUPPORT INTERNATIONAL

Tennessee Chapter

PERINATAL MOOD AND ANXIETY DISORDERS

What is normal versus abnormal during and after pregnancy and how can I get help if I think something is wrong?

IS IT NORMAL TO FEEL SAD OR NERVOUS BEFORE OR AFTER BIRTH?

Sometimes, but if these symptoms last longer than two weeks and/or impact your ability to function, you may have a perinatal mood and anxiety disorder (PMAD):

- feeling sad or "empty"
- feeling overly worried or anxious
- lack of interest in normal activities
- feeling hopeless, helpless, guilty, or worthless
- feeling moody, irritable, or enraged
- problems concentrating or making decisions
- feeling that you are a bad parent
- unwanted, intrusive thoughts or obsessions
- thoughts of hurting your baby, even if you can't imagine acting on them
- thoughts of death or suicide

WHAT CAUSES PERINATAL MOOD AND ANXIETY DISORDERS?

There is no single known cause, but people have a history of mood disorders are more likely to become depressed or anxious during pregnancy or in the postpartum period.

Stress, hormone changes, previous trauma, lack of support and other stressful experiences such as birth trauma or a difficult baby can also increase your risk of experiencing a perinatal mood and anxiety disorder. If you are showing symptoms, help is available. With treatment and support, you will feel better more quickly and be able to give your baby the love and attention that all babies need to thrive.

WHAT CAN I DO IF I SHOW SYMPTOMS?

- Talk to your healthcare provider
- Learn as much as you can about PMADs
- Talk to a therapist
- Find a support group (in person or online)
- Ask your care provider about medications that can be safely used during pregnancy or breastfeeding, if you choose to breastfeed
- Ask friends and family for help with childcare, chores, and errands
- Stay active, rest, and eat healthy when possible

Don't give up! It may take more than one try to get the help you need!

**YOU ARE NOT ALONE. YOU ARE NOT TO BLAME.
WITH HELP, YOU WILL BE WELL.**

