Mental health support for families during pregnancy and after birth

Your Guide to Maternal Mental Health Resources

Carson Medical Group

If you are in Crisis

CALL 911

or

CALL 24/7	**NATIONAL SUICIDE AND CRISIS HOTLINE**	**988**
GO IN PERSON OPEN 24/7	**MALLORY BEHAVIORAL HEALTH CRISIS CENTER** Crisis treatment for anyone who is in a mental health and/or substance use crisis.	**775 Fleischmann Way** **Carson City, NV 89703** **775.445.8889** **Toll free: 800.283.7671**
CALL OR TEXT 24/7	**NATIONAL MATERNAL MENTAL HEALTH HOTLINE** Confidential emotional support and resources.	**1.833.TLC.MAMA (1.833.852.6262)**
CALL OR TEXT "HELP" 8AM-11PM EST	**POSTPARTUM SUPPORT INTERNATIONAL HELPLINE** Basic information, support, and resources. Calls and texts will be returned during business hours 7 days a week.	**1.800.944.4773**

Among women, the leading cause of disease-related disability is depression. Perinatal mental health disorders (PMHDs) have been identified in women of every culture, age, income level, and ethnicity. We use the term "perinatal" for the period of pregnancy and the first year after a baby is born. Research shows that PMHDs can appear during pregnancy or days or even months after childbirth, and do not usually resolve without treatment.

Although the term "postpartum depression" is often used, there are many disorders that can affect mothers during pregnancy and postpartum. Without appropriate help, poor maternal mental health can have long term and adverse implications for mother, child and family. It is estimated that one in five women and one in ten men suffer from PMHDs.

Fortunately, there are many treatment options. The recovery rate for this type of illness is very high. It is important to remember that the symptoms are temporary and treatable with skilled professional care and social support. With help you will be well.

You are not alone.

Carson Medical Group

Adapted from Postpartum Support International Community Guide Fact Sheet

Feelings 101

Are you feeling or thinking any of the below?

- Angry, irritable
- Anxious
- Like I'm never going to feel like myself again
- Out of control
- Like no one understands
- Scared, disconnected
- Like I'm a bad mother
- Like I never should have had this baby
- Like I'm going crazy
- Like I have no patience left for anything
- Overwhelmed
- Like each day is so long. There is no end in sight. No hope.
- Like my relationship cannot survive this
- Like every little thing gets on my nerves
- Powerless, alone
- So tired, like I will never get a feel rested again

These are common symptoms of perinatal mental health disorders (PMHDs). *You are not alone.*

Risk Factors

You are at an increased risk of PMHDs if you have:

- Family or personal history of mood illness (i.e. addiction, depression, panic attacks, anxiety, and schizophrenia)
- Stressful life events around the time of birth
- Lack of support from family and friends
- Relationship/marital problems
- History of severe PMS symptoms
- Mood changes while taking birth control or fertility drugs
- Prior episode of postpartum depression
- Depressive and/or anxiety symptoms during pregnancy
- Thyroid imbalance, diabetes, endocrine disorders
- Pregnancy or delivery complications, infertility, miscarriage, or infant loss
- Newborn in the NICU
- Financial stress
- Abrupt discontinuation of breastfeeding or difficulty breastfeeding
- History of abuse
- Unwanted or unplanned pregnancy

You are not to blame.

Adapted from Postpartum Support International Community Guide/Indiana University Health

Action Plan for Depression and Anxiety Around Pregnancy

Having a baby brings a mix of emotions, including feeling sad and feeling overwhelmed. Many women experience deeper signs of depression and anxiety before and after birth. Be prepared. **Watch for the signs.**

If you...

- Feel like you just aren't yourself
- Have trouble managing your emotions
- Feel overwhelmed but are still able to care for yourself and your baby

You may be experiencing mood swings that happen to many pregnant women and new moms.

These feelings typically go away after a couple of weeks.

- Take special care of yourself. Get your partner to watch the baby, get a babysitter, or team up with another mom to share child care so that you can rest and exercise.
- Continue to watch for the signs of depression and anxiety in the yellow and red sections below. If things get worse, find someone to talk to. Talk to a health care provider if you feel unsure.

If you...

- Have feelings of intense anxiety that hit with no warning
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have little interest in things that you used to enjoy
- Feel very anxious around the baby and your other children
- Have scary, upsetting thoughts that don't go away
- Often feel guilty and feel like you are failing at motherhood

You may be experiencing postpartum depression and anxiety.

These feelings will not go away on their own.

- Get help. Contact your health care provider or visit a clinic.
- Call Postpartum Support International at to speak to a volunteer1-800-944-4PPD (4773) who can provide support and resources in your area.
- Talk to your partner, family, and friends about these feelings so they can help you.

If you...

- Feel that you may hurt yourself or your baby
- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)

Get help now!

- Call **9-1-1** for immediate help.
- Call the National Suicide Prevention Lifeline at **9-8-8** for free and confidential emotional support —they talk about more than suicide.
- Call the Substance Abuse and Mental Health Services Administration's National Helpline at **1-800-662-HELP (4357)** for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.

Carson Medical Group

Adapted from Eunice Kennedy Shriver National Institute of Child Health and Human Development

NIH

National Child & Maternal Health Education Program

Ten Facts About Depression and Anxiety

in Pregnancy and Postpartum

1. You are not alone. You are not to blame. With help, you will feel better.

Anyone can become depressed or anxious during pregnancy or after the baby comes. It is not your fault. It is caused by many stresses happening at the same time. Many women develop depression or anxiety because of changes in our hormones, our feelings, our relationships, and sometimes due to stress about work, housing, or money. No matter how sad or scared you feel, you can get through this with help.

2. You need regular breaks from taking care of your children and your house.

You need to get breaks to feel good about the hard work of being a mother. Taking a break will help you do a better job of being a mother, and it will help you feel better.

3. PPD does not go away fast: there is no quick fix or cure.

You WILL feel better if you keep taking steps to get help and to take care of yourself. It is hardest in the beginning, and it will get easier. Find a healthcare provider you like, people who can help you at home, and friends that listen. Don't give up.

4. You will feel better if you reach out to understanding people and say how you feel.

Women who go through depression without help are more unsure about themselves as mothers. Talking to other women who have recovered will help you a lot. It is normal to feel shy and embarrassed at first, but it will help you to talk to someone who understands.

5. You will feel worse if you judge your life on a bad day.

On a bad day, we see things negatively and feel worse by judging our lives and ourselves. Make a rule that you will not judge yourself. You will feel worse if you judge yourself. Instead, fill your day with things that help you: get active, go outside, express your feelings, have a good cry, or listen to music. Do not compare yourself to other women, and try not to compare your partner, your body, your home, or your children to others.

6. You will find what works for YOU.

It might be different from what works for other women. Remember that different people need different solutions. This is true about medication, herbs, nursing, where the baby sleeps, how you teach your children, and where you get support. Be open to changing your plans so that you can find the things that work best for you and your family.

7. You will feel better if you get outside as much as you can.

Even a little bit helps. If you can't be outside try a natural light therapy lamp as it simulates broad spectrum daylight.

8. Recovery from postpartum depression or anxiety has ups and downs.

There are good days, bad days, and in between days. If you keep to a plan of self-care, breaks, support, and remedies, you will keep feeling better. It is normal to worry if you have a bad day after you've been feeling better. Don't lose hope. You will get through this. When you have a bad day, think about your last few days. Did you get any time to yourself? Did you do too much? Are you angry? Is your period coming? Did the baby grow a lot or make a change in nursing? Have you been eating well?

9. Be true to yourself, and trust that you will find your way.

Your feelings or thoughts do not hurt your baby. How you act does matter. It is normal to occasionally cry and feel mad, frustrated, scared, or to feel nothing inside. Try to focus on what you are doing on the outside. Children feel good when you look in their eyes, let them know they are safe with you, hold them and smile when you can. Take breaks so that you will be more relaxed when you are with them.

10. Good mothers can get depressed.

Depression can make women feel bad and afraid about motherhood. They get afraid that they will never be happy. But that is the depression, and when it gets better, you will feel better about being a mom. Be kind to yourself. See if you can accept ALL your feelings and remember that good mothers can feel sad, scared, or bored sometimes. Depression will not last forever. Spend time with people who make you feel good about yourself and hopeful about the future. You will feel better, and you are not alone.

With help, you will be well.

Carson Medical Group

Adapted from Wendy N. Davis, PhD
Postpartum Support International
Founder and Clinical Advisor

Local Therapists

PERINATAL SPECIALIZED THERAPISTS AND ACCEPTED INSURANCE PLANS
psidirectory.com

ALL THERAPISTS AND ACCEPTED INSURANCE PLANS
psychologytoday.com/us/therapists

INTERDISCIPLINARY CARE FOR PMHDS
Thrive Wellness, Reno
ThriveHere.com
775.525.8103

MENTAL HEALTH CRISIS TREATMENT
Mallory Behavioral Health Crisis Center
775 Fleischmann Way
Carson City, NV 89703
775.445.8889
Toll free: 800.283.7671

ADDITIONAL RESOURCES AND LINKS
postpartum.net

For tips on selecting a mental health provider:
https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional

Support Groups

Many support groups are held via Zoom or other virtual meeting platforms. These groups are led by trained professionals and attended by women just like you. Some are scheduled at regular intervals and follow a curriculum, and others are open format. If you try one and it doesn't fit, consider another, or try an online course.

POSTPARTUM SUPPORT INTERNATIONAL (FREE)

Multiple online support groups to fit your schedule and your needs

postpartum.net/get-help/psi-online-support-meetings

800.944.4773

POSTPARTUM SUPPORT INTERNATIONAL CLOSED FACEBOOK GROUP

PSI moderates a closed Facebook group, where you can connect with other moms, share your questions, get peer support, and offer your support to others. The administrator must approve your request to join and posts are only visible to group members.

facebook.com/groups/25960478598/

POSTPARTUM SUPPORT INTERNATIONAL PEER MENTOR PROGRAM

This program pairs individuals in need of support with a trained volunteer who has also experienced and fully recovered from a Perinatal Mood Disorder

(PMD). Establishing a one-to-one connection with someone who has journeyed through a PMD offers invaluable insight, encouragement, and hope.

postpartum.net/get-help/peer-mentor-program/

Medication

Please contact your provider to discuss any questions you may have about the effect of medication treatment on you and your baby. Information about medication use during pregnancy and breastfeeding is also available at the following websites:

mothertobaby.org

womensmentalhealth.org

Do antidepressants cause side effects?

Like many medications, antidepressants may cause side effects, but they will often get better or go away in a few weeks. If you have side effects that continue to bother you, talk to your medical provider.

How do antidepressants work?

When brain chemicals are out of balance it can cause changes in mood or behavior which may result in depression or anxiety. Antidepressants help to restore the balance of these chemicals.

When do antidepressants begin to work? What can I expect?

Some people may report feeling better in two weeks, typically it takes four to six weeks before you feel its true therapeutic effect. It is important to keep taking your medicine as your provider has instructed. When you start to feel better, don't skip or stop taking your medicine without talking to your provider.

Local Resources

When you need help, Nevada 2-1-1 is here to assist. 24/7.

Nevada 2-1-1's free and confidential service can help you with information and referrals to local health and human service agencies for your most critical and urgent needs.

We can connect you with information and access to:

- Medical and mental health resources
- Employment support services
- Programs for children, youth and families
- Pregnancy services
- Food pantries
- Community crisis and disaster recovery
- Housing help
- Utility payment assistance
- Support for seniors and persons with disabilities
- Many more public services and resources

Call 2-1-1 || Visit Nevada211.org || Text your zip code to 898211

Our call specialists are available 24-hours a day, 7-days a week with translation services in more than 150 languages.

Nevada 2-1-1 will work to get you to the right service, quickly and with kindness and professionalism.

Carson Medical Group

Adapted from
Nevada Department of Health and Human Services

Your go-to

TECH LIST

APPS

Calm: A mindfulness app featuring meditation practices, calming sounds, ambient music, and sleep stories.

Mindful Mamas: An all-encompassing mental wellness app designed to address the unique challenges of motherhood. Created by a mom with expertise as a licensed family psychologist, Mindful Mamas includes self-directed emotional wellness tools such as mindfulness, meditation and self-care support. Manage stress, anxiety and sleep, cultivate self-love and improve your relationships.

PODCASTS

I am One: Postpartum Support International (PSI) staff and volunteers reflect on their own lived experience during the perinatal period (pregnancy + postpartum).

Mom & Mind: Dr. Kat, psychologist, and specialist in perinatal mental health, interviews moms, dads, experts, and advocates about how to cope, manage, and recover from perinatal mood and anxiety disorders. They talk about ALL of the stuff that no tells you about, but you need to know.

FREE ONLINE COURSES

Postpartum Planning for Expectant Parents
Free two hour class focusing on the parents' emotional wellbeing during the postpartum period. Education, discussion, review of a postpartum plan, and resources. Main topics: postpartum physical recovery, partner support, self-care, support networks, lactation and emotional wellbeing, and perinatal mood and anxiety disorders.
postpartum.net/postpartum-planning-for-expectant-parents/

Nevada PMHD Training
Free 60 minute training online during pregnancy or after. Helps with warning signs and recognition of perinatal mental health disorders (PMHDs). Register online.
nvmch.org/pmhds

WEBSITES

Postpartum Support International
postpartum.net

National Perinatal Association
nationalperinatal.org/mental-health

Self Care Plan

Your life may feel drastically changed during this time, and feeling overwhelmed, stressed, or sad are very common and understandable responses. It can be hard to cope with problems when you're feeling sad and have little energy. A self-care plan can be a useful tool to help you attend to your own wellness needs and those of your baby.

1. Make time for enjoyable activities. Commit to scheduling some simple and fun activities each day.

Things I find enjoyable include _____

During the week I will spend at least _____ minutes doing (choose one or more activity to try in the coming week)

_____

2. Stay physically active. Make sure you make time to do some activity, even a few minutes of activity can be helpful.

During the week, I will spend at least _____ minutes doing (write in activities)

_____

3. Ask for help. Look to those in your life who you can ask for help - for example your husband or partner, your parents, other relatives, your friends.

People I can ask to help me: _____

During the week I will ask at least _____ person/people for help.

4. Talk or spend time with people who can support you. Explain to friends or loved ones how you feel. If you can't talk about it, that's OK – you can still ask them to be with you or join you for an activity.

People I find supportive include _____

During the week, I will contact _____

(name/s) and try to talk with them _____times.

5. Belly breathing is about breathing in a specific way that triggers your body's natural calming response.

- Begin by slowly bringing your breath to a steady, even pace.
- Focus on breathing in from the very bottom of your belly, almost as if from your hips/pelvis.
- See if you can breathe in a way that makes your belly stick out on the in-breath and deflate totally on the outbreath. Your chest and shoulders should stay quite still, it's all about breathing with your belly!
- Any amount of time can help. Ideally practice 10-15 minutes at least twice daily.

6. Mindful breathing helps bring awareness into the present moment using our body's natural rhythm of breath. Bring your attention to your own natural rhythm of breath.

- Notice physical sensations with breathing, such as the textures of clothing or movement of body. Practice this when you feel like you could use some present moment grounding.
- Once you find your breath, try the 5-4-3-2-1 grounding technique.
  - **5.** Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.
  - **4.** Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.
  - **3.** Acknowledge THREE things you hear. This could be any sound. If you can hear your belly rumbling that counts! Focus on things you can hear from the outside of your body.
  - **2.** Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to, take a brief walk to find a scent; you could smell soap in your bathroom, or nature outside.
  - **1.** Acknowledge ONE thing you can taste. What does the inside of your mouth taste like — gum, coffee, or the sandwich from lunch?

7. Sleep is a very important part of self-care. Here are some helpful strategies to try to help you sleep better at night.

- Watch how much caffeine you take in. Caffeine stays in the body for 10-12 hours. Consider limiting coffee, tea, soda, chocolate, and energy drinks, and setting a cut-off point during the day (such as lunchtime) to stop drinking or eating caffeine.
- Set a routine. Set regular times for going to bed and waking up, even if you slept poorly the night before. Set up a relaxing routine 1-2 hours before bed where you do something calming and limit your exposure to electronics and light. Getting into a routine will train your body to prepare for sleep near bedtime.
- Keep the bedroom mellow. Only use your bed for sleep and sexual activity. This helps your body link the bed with sleep, rather than other things that keep you awake. Keep your bedroom dark and cool and move your clock to prevent you from constantly checking it through the night.

8. Simple goals and small steps. Break goals down into small steps and give yourself credit for each step you finish, but do not beat yourself up/put yourself down when you don't finish a step.

Carson Medical Group

Adapted from University of Rochester Medical School and UMASS MEDICAL SCHOOL | Lifeline for moms

Self Help Ideas

Keeping a Mood Journal

Use this sample page to start your own mood journal. It can tell you a lot about yourself. This journal can help you and your doctor decide what to do next.

For breathing exercises and worksheets visit
nationalperinatal.org/mental-health

Workbooks

The Pregnancy and Postpartum Anxiety Workbook
by Pamela Wiegartz PH.D& Kevin Gyoerkoe PSY.D
a.co/d/ipdfgFC

Coping with Depression During Pregnancy and Following Birth (free)
The BC Reproductive Mental Health Program
heretohelp.bc.ca/workbook/coping-with-depression-in-pregnancy-and-following-birth

Gaining Control of Your Life After Having a Baby: A Self Help Workbook for Post-natal Depression (free)
Maternal Mental Health Alliance
maternalmentalhealthalliance.org/wp-content/uploads/Self-help-workbook-post-natal-depression.pdf

Sleep Hygiene

Tips for Pregnant and Postpartum Individuals

1

Don't worry about the amount of sleep you are getting. Make the sleep you get count.

2

Try to go to bed shortly after you put your baby down for the night.

3

Keep your bedroom or some other space your sanctuary.

4

Try to rest when your baby is resting even if you are not sleepy; rest your body (This is not the time to clean your house.)

5

Develop sleep rituals. These can include breathing techniques, stretching, or having a cup of caffeine-free tea.

6

Exercise regularly, though not immediately before bedtime. Morning walks and early morning sunlight can help with alertness and mood.

Carson Medical Group

Adapted from UMASS Medical School | Lifeline for moms

Tips for Postpartum Partners

Pregnancy and postpartum mental health disorders affect the whole family. Here are some tips that might help you along the way. Remember that you will get through this with help and support. There is no magic cure, and sometimes recovery seems slow, but things will keep improving if you stick to a plan of healthcare, support, and communication.

Common Symptoms of Perinatal Depression & Anxiety

- Feeling overwhelmed, exhausted and insecure
- Crying spells, sadness, hopelessness
- Anger, irritability, frustration
- Repetitive fears and worries

Dealing with her Anger and Irritability

- Help her keep track of eating regularly, because low blood sugar results in a low mood and frustration. Have healthy and easy snacks on hand.
- Do your best to listen for the real request at the heart of her frustration. Reduce conflict by telling her, "I know we can work this out. I am listening."
- Keep the lines of communication open. Verbalize your feelings instead of distancing from her. It is helpful to take a break if your tempers are hot, but do get back to communicating.
- If she is expressing anger in such a way that you can't stay supportive, you might say something like, "I want to listen to you. I know this is important, but I'm having a hard time because you're so mad at me. Can we take a break and talk about it later?"
- Ask her how you can help right now. If she doesn't know, make some suggestions.

How to Help Mom

- Reassure her: this is not her fault; she is not alone; she will get better.
- Encourage her to talk about her feelings and listen without judgment.
- Help with housework before she asks.
- Encourage her to take time for herself; help her schedule it. Breaks are a necessity; fatigue is a major contributing factor to worsening symptoms.
- Don't expect her to be a super-housewife just because she's home; she's taking care of the baby all day.
- Be realistic about what time you'll be home, and come home on time ready to help and take care of the baby.
- Help her reach out to others for support and treatment.
- Schedule some dates with her and work together to find a babysitter.
- Offer simple affection and physical comfort, but be patient if she is not up for sex. It's normal for her to have a low sex drive with depression, and rest and recovery will help to bring it back.

Taking Care of Your Stress and Emotions

- Ask for help, information, and support for yourself. Call 1-800-944-4PPD and visit postpartum.net/get-help/help-for-dads/
- Develop a support team for your family. Ask for help. Say YES when they offer.
- Take time for yourself. Talk to your partner to arrange a good time to be away.
- Talk to other families who have come through this.
- Spend time with your baby to develop your own confidence.

You are not alone.

You are not to blame.

With help, you will be well.

For questions or additional information please contact our office via the patient portal, Healow app, or by phone 775.883.3636

Carson Medical Group

www.CarsonMedicalGroup.com