

# Perinatal Mental Health DISORDERS

PERINATAL: ANYTIME DURING PREGNANCY AND POSTPARTUM

DEPRESSION  
(PPD)

ANXIETY  
(PPA)

PANIC  
DISORDER

OBSESSIVE  
COMPULSIVE  
DISORDER (OCD)

POSTPARTUM  
PTSD

BIPOLAR  
DISORDERS

PERINATAL  
PSYCHOSIS

## SYMPTOMS

Lack of interest in the baby or difficulty bonding with the baby

Physical symptoms such as dizziness, hot flashes, or nausea

Feelings of anger, rage, or irritability, or scary and unwanted thoughts

Crying and sadness, constant worry or racing thoughts

Feelings of guilt, shame, or hopelessness

Disturbances of sleep or appetite

Loss of interest, joy, or pleasure in things you used to enjoy

Possible thoughts of harming the baby or yourself



### RISK FACTORS

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage, infant loss
- Lack of support from family and friends
- Premenstrual syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of breastfeeding
- History of abuse
- Unwanted or unplanned pregnancy

### TREATMENT OPTIONS

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques



Carson Medical Group

