

Perinatal Mood & Anxiety Disorders (P-MADs)

P-MADs encompass a variety of disorders that occur during pregnancy and one year after delivery including Depression, Anxiety/Panic Disorders, Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Bipolar Disorders, and Psychosis.

1 in 5 moms will struggle with clinical depression or anxiety during or after pregnancy
1 in 10 dads will struggle with anxiety or depression after having a baby

Signs & Symptoms:

Listen

"I am tired, I need help, I can't do this" are often overlooked and "normalized" as part of being a new parent but can be signals this is more than baby blues.

Observe

Regular routines will be disrupted-but check for nonverbal signs that something is not right such as not bathing, eating, or sleeping.

Ways to Help:

Ask

Ask specific questions. Instead of asking "How are you doing" try, "How much sleep did you get? Did you eat lunch?" Rather than, "can I help" try something more specific like, "I am going to the store, on my way what can I pick up?" or "Can I fold the laundry for you?"

Support

With a good support system mom knows she is not alone and can ask for help but may still think she should do it all on her own. Offer to watch the baby so she can sleep or take a bath. Have a present adult conversation with her or offer specific things to do around the house like cleaning, shopping, etc.

- Not eating, not bathing, not practicing regular self-care routines
- Agitation/Anger
- Racing thoughts/jumping topics
- Excessive concern about baby's or own health
- Increased heart rate
- Shortness of breath
- Not sleeping when the baby is sleeping
- Fear of being alone with the baby
- Feeling numb or not like yourself
- "I feel like this is not what I expected."
- "I feel stuck."
- Repeatedly checking on the baby