

PMAD

Perinatal mood and anxiety disorders (or PMADs) encompass a range of mental health disorders- including depression, anxiety, obsessive compulsive disorder, and post-traumatic stress disorder- that occur during pregnancy or up to two years postpartum.

PMADS are the leading complication of childbirth, affecting 1 in 7 women.



TRAIN

Providers to recognize and respond to PMADs

SCREEN

All pregnant women and new parents for PMADs

RESPOND

To PMADs with effective interventions

SPEAK UP

About PMADs to eliminate stigma

PREVENT

PMADs from impacting growing families

For more information visit nvmch.org or for immediate assistance please call **PSI warm line at 1-800-944-4773**

You are not alone. You are not to blame.

With help, you will be well.

-Postpartum Support International



NV Statewide Maternal and Child Health (MCH) Coalition

HOW ARE YOU FEELING NOW?

While many women experience some mild mood change or “the blues” during or after the birth of a child, 10% to 15% of women experience more significant symptoms of depression or anxiety.

MOTHERS

- Are you feeling sad or depressed?
- Is it difficult for you to enjoy yourself?
- Do you feel more irritable or tense?
- Do you feel anxious or panicky?
- Are you having difficulty bonding with your baby?
- Do you feel as if you are "out of control" or "going crazy"?
- Are you worried that you might hurt your baby or yourself?

FAMILIES

- Do you worry that something is wrong but don't know how to help?
- Do you think that she is having problems coping?
- Are you worried that she may never get better?

Any woman can suffer from pregnancy or postpartum mood or anxiety disorders. However, with support and care you can prevent a worsening of symptoms and can feel normal again. It is essential to recognize symptoms so that a mother can get the help she needs and deserves. For help call the Postpartum Support International warm line at 1-800-944-4773 or visit www.nvmch.org for additional resources in your area.



MCH

NV Statewide Maternal and
Child Health (MCH) Coalition

Healthy moms and children strengthen Nevada

Up to 1 in 7 women will experience
depression during pregnancy or after birth



confusion

loss of appetite

sadness

Up to 20% of women will suffer from depression or anxiety during pregnancy or after the birth of a child. That's 800,000 moms a year. When a woman suffers from depression her family suffers. It's critical that new and expecting families be informed.

difficulty in focusing **mental fog**
excessive worry

Trouble falling or staying asleep
or sleeping too much

Easily Irritated or Angry

Talk to your health care professional

Understand the triggers - Know it is treatable

For support and referrals, call 24-hours:

1-800-944-4773 • www.postpartum.net

2020
mom



JUNIOR LEAGUES
CALIFORNIA
STATE PUBLIC AFFAIRS COMMITTEE

MCH
NV Statewide Maternal and
Child Health (MCH) Coalition