

POSTPARTUM MENTAL HEALTH *Awareness*



Know the Warning Signs

Becoming a new parent is an exciting and joyful experience, but it can also be overwhelming and challenging. It's important to be aware of the potential for postpartum mood and anxiety disorders (PMADs), which can affect both parents. If you or your partner notice any concerning symptoms, reach out to a healthcare provider for guidance. Recognizing symptoms early can lead to effective treatment and improved well-being for the whole family! Above all, trust your gut. If you feel something is off, always talk to your provider about it.

Common Symptoms of Postpartum Mood and Anxiety Disorders

- * **Feeling Sad or Depressed:** Persistent feelings of sadness, emptiness, or hopelessness that don't seem to go away.
- * **Extreme Mood Swings:** Feeling overly anxious, irritable, agitated, or having outbursts of rage.
- * **Intense Worry or Fear:** Experiencing constant worry, fear, or panic attacks that interfere with daily life.
- * **Difficulty Bonding with Baby:** Struggling to form a strong emotional connection with the baby.
- * **Changes in Appetite or Sleep:** Significant changes in eating habits (eating too much or too little) and sleep patterns (insomnia or excessive sleeping).
- * **Fatigue or Loss of Energy:** Feeling extremely tired or lacking energy, even with adequate rest.
- * **Difficulty Making Decisions:** Trouble focusing, making decisions, or remembering things.
- * **Withdrawing:** Avoiding social interactions with family or friends and losing interest in activities that used to bring pleasure or enjoyment.
- * **Physical Symptoms:** Physical issues like shortness of breath, headaches, stomach problems, or muscle pain without a clear cause.
- * **Compulsive or Obsessive Behaviors:** Engaging in repetitive actions such as excessive cleaning or constant checking on the baby, along with persistent and uncontrollable thoughts about germs or fear of accidentally harming your baby.
- * **Thoughts of Harming Yourself or the Baby: Call 911 Immediately. This is a severe symptom that requires immediate attention.**

Please note that is not an exhaustive list, and some symptoms may overlap with other, more serious conditions. It's crucial to consult with a healthcare professional for an accurate diagnosis and appropriate treatment.

Disclaimer: This information is for educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. If you or someone you know is experiencing symptoms of postpartum mood or anxiety disorders, it is essential to seek help from a qualified healthcare provider.