

Perinatal Mood and Anxiety Disorders is the most common complication surrounding childbirth, often it goes unrecognized and untreated.



SIGNS CAN INCLUDE:

- Anger or irritability
- Lack of interest in baby
- Appetite and sleep disturbance
- Crying or Sadness
- Guilt, shame or hopelessness
- No interest in activities that used to give you joy or pleasure
- Constant worry something bad is going to happen
- Racing thoughts
- Disturbance in sleep and appetite
- Inability to sit still
- Dizziness, hot flashes, and nausea
- Obsessions, intrusive thoughts
- Compulsions
- Sense of horror over obsessions
- Fear of being left alone with baby
- Hypervigilance protecting your baby

1 in 7 women
experience
postpartum
depression or
anxiety.

Perinatal Mood and
Anxiety Disorders
are treatable.

Having PMAD is not
your fault.

You are not alone.
There is help.



**Call or Text
the PSI HelpLine**

1-800-944-4773 (4PPD)
#1 En Español or
#2 English

Text in English:
800-944-4773
Text en Español:
971-203-7773



Warm Line: 805-5645-3888

En Español: 805-852-1595