

Postpartum Depression and Anxiety



Postpartum Mood and Anxiety Disorders affect 10 to 25% of women in the first year postpartum. Anxiety may be centered around your ability to care for your baby, and poor sleep may result from all the worry. For many of us the transition to motherhood is a bumpy one, so much so that this period is sometimes called “matrescence”, with many of the same issues as adolescence!

If you are struggling emotionally, please know you are not alone and there is plenty of help for you. Your first step is to make an appointment with your OB or your PCP (whichever health care professional you feel most comfortable with) and share your concerns frankly. You may be worried you will be judged but this is not at all the case. You will find this visit reassuring and your physician will develop a plan with you.

Every mother is different. Sometimes the solution is as simple as joining support groups, especially if giving birth has left you feeling isolated. Sometimes talking with a therapist is the key. And sometimes starting or returning to a medication is very helpful.

Here are some resources:

Online:

Fourth Trimester Parent-Baby group

Offered by PAMF

For more information or to register visit: <http://sutterhealth.org/pamf-postpartumsupport>.

Local:

To meet with local mothers please visit www.lasmadres.org. This group has been facilitating neighborhood playgroups since 1953! We are social animals, and we need the connection with other mothers.

Additional resources:

- **Postpartum Support International**

www.postpartum.net

You can call their helpline: **800-944-4773**, and sign up for online support groups. They also have a directory where you can find therapists close to you.

- **National Maternal Mental Health Hotline 24/7 call 833-852-6262**

If you are experiencing really dark thoughts, dial **988**, 24/7 for Santa Clara County's Crisis and Suicide Prevention lifeline staffed by volunteer counselors.

There are very many books to help mothers through postpartum depression. A quick online search visit and you can select the book that speaks best to you