

Promoting Family Wellness

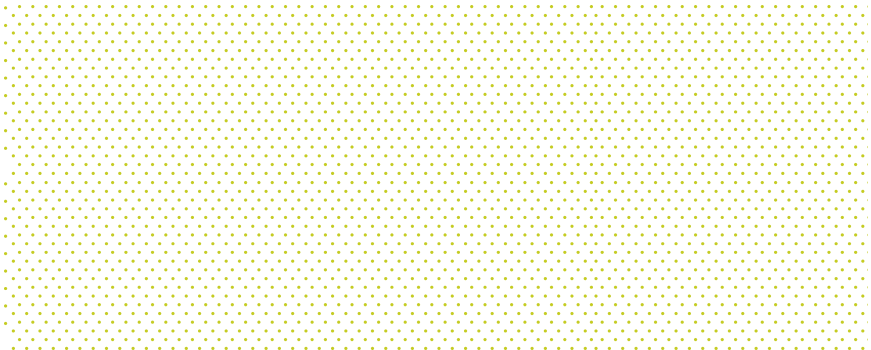


Understanding Perinatal Mood
and Anxiety Disorders



You may have heard of postpartum depression. However, we want to take a moment to answer any questions you may have and provide you with basic information on what to look for.

It is important for all women and their partners to be aware of perinatal mood disorders such as postpartum depression. Often, women experience symptoms of anxiety as well as depression and may be caught off guard by the moods they are experiencing. If you think you are experiencing a perinatal mood disorder, there is no reason to be embarrassed or afraid. However, it is important to tell someone and to get help. Please take a moment to review this handout and share it with your family.



1. Signs and symptoms can occur any time during pregnancy and up to the time of your baby's first birthday.

Baby blues are a normal adjustment period where you may feel more moody or sensitive for the first two to three weeks after giving birth. However, if you have any of the symptoms below you may have a perinatal mood disorder.

- Feelings of sadness
- Crying often
- Withdrawing from family and friends
- Fears of harming your baby
- Lack of interest in your baby
- Feeling worthless or guilty
- No longer finding pleasure in things you used to
- Having trouble thinking clearly or making decisions
- Panic attacks, nervousness, anxiety
- Significant changes in weight or appetite

2. Perinatal mood disorders can affect any woman regardless of age, income, culture or education.

Perinatal mood disorders impact 15-20 percent of mothers and studies suggest the occurrence rate is even higher. If you experience symptoms, please know you are not at fault. Perinatal mood disorders are a treatable illnesses.

3. There is help. Don't wait to reach out.

Your baby's well-being and development are directly tied to your physical and emotional health. Babies rely on emotional attachment and need a healthy caregiver to reach their full potential and to thrive.

How to Get Help

BEFORE YOU LEAVE THE HOSPITAL:

Your doctors and nurses are here for you. Please let us know if you have any signs or symptoms of depression. A Licensed Clinical Social Worker and Psychiatrist are available in the hospital to provide you with counseling, answer questions, or connect you with helpful resources.

ONCE YOU ARE HOME:

If you are experiencing a mental health crisis that places you or your baby in immediate danger, call 911. Don't wait.

- Contact your OB/GYN and let them know how you are feeling.
- Medication and counseling are both effective, evidence-based methods to treat perinatal mood disorders. Talk to your doctor about the best treatment plan for your individual needs.
- The following page contains community resources and other information on how to get help.



Community Resources for Counseling

These community-based organizations are accepting patients for treatment of postpartum depression and perinatal mood disorders.

CALM

Santa Barbara: 805-965-2376 | Santa Maria: 805-614-9160
Lompoc: 805-741-7460 | calm4kids.org

Cottage Health COPE Intensive Outpatient Program

805-541-9113 (SLO County) | 805-569-7434 (SB County)

Santa Barbara County Department of Behavioral Wellness

888-868-1649 | countyofsb.org/behavioral-wellness

Santa Barbara Neighborhood Clinics

South County | 805-617-7889 | sbclinics.org

Hotlines to Call for Help

Suicide and Crisis Lifeline

988

National Maternal Mental Health Hotline

Call or text 833-852-6262

24/7, free, confidential hotline for pregnant and new moms. Interpreter services are available in 60 languages. (US Only)

Find A Mental Health Provider Certified in Perinatal Mental Health, Online Support Groups and Further Resources

Postpartum Support International

800-944-4773 | postpartum.net

Or text "help" to: English: 800-944-4773

Spanish: 971-203-7773

Private Insurance

To access individual or family counseling for patients through their insurance provider, call the 'Mental Health Benefits' number on their insurance card for a referral to network providers

CenCal Patients

877-814-1861

Gold Coast Health Plan

855-765-9702

Mental Health Access Line

Any patient can call the County Mental Health Services Access Line:

SB County: 888-868-1649

SLO County: 800-838-1381

Ventura County: 866-998-2243

