

**Are you pregnant or a new mother and are you surprised by feelings like these?**

*Lately have you:*

- felt irritable or angry?
- felt hopeless or sad?
- felt panicky or anxious?
- been eating too much or not enough?
- had trouble sleeping at night even when your baby sleeps?
- kept away from family and friends?
- had weird and scary thoughts about bad things happening that you can't seem to get out of your head?
- been afraid to leave the house or be alone with your baby?
- felt like you were "going crazy" or "out of control"?
- thought, "My family might be better off without me?"

*If you're worried about how you feel, talk to your care provider.*

*If you think something is wrong, it probably is. If you think you need help, you probably do.*

*What is postpartum psychosis?*

This is a rare condition where a woman may have sudden mood swings, be agitated, experience hallucinations or suicidal/homicidal thoughts. She may sometimes be hearing, seeing, feeling things that others are not or imagining that some power outside of herself is taking over her actions. This is an emergency that requires immediate medical care.

- Contact the Crisis Response Center (open 24/7) at (520) 622-6000
- Or call 911
- Or go to a local emergency room

*What are the Baby Blues?*

Crying spells, mood swings and feelings of loneliness and restlessness are normal as a woman's body adjusts to changing hormones. This goes away within 2 to 3 weeks, but if it lasts longer or gets worse you may have a PMAD.

*What is a PMAD?*

A perinatal mood and anxiety disorder (PMAD) is depression or anxiety that begins during pregnancy or in the first year after the baby is born. Hormone changes, trauma or a history of mood disorders can increase risk. For many women this is the first time they have ever felt this way.

- **You are not alone.** PMADs affect 1 in 5 new moms.
- **You are not to blame.** Women of any age, income, race, marital status or education are at risk.
- **With help, you will be well\*.** PMADs are treatable. There are things you can do to help yourself but if you aren't feeling better, your doctor may suggest counseling or prescribe medication. Not treating can lead to long-term problems for mom and baby.

*Do something right now to help yourself:*

- Find someone to care for your baby so you can sleep or have a break.
- Go outside for a few minutes every day. Exercise if you can.
- Eat something healthy every few hours.
- Talk about how you feel with someone you trust.
- Call Arizona Warmline (888) 434-MOMS (6667). A trained volunteer will return your call within 24 hours to offer support and resources.
- Call your doctor.
- Attend a free support group:
  - St. Joseph's Hospital (520) 873-6858
  - Northwest Medical Center (520) 877-4149
  - Serafina Women's Services (520) 202-1987
  - TMC (520) 324-7576
- Call the Pregnancy Risk Line (520) 626-3410 or (888) 285-3410 for information on the safety of medication during pregnancy and breastfeeding.
- For more information and resources on PMADs visit: [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com)

**There is help.**

