PERINATAL MOOD & ANXIETY DISORDERS (PMADs)

MYTH #1
ONLY MOTHERS CAN EXPERIENCE PMADs

MYTH #2
PMADs STOP AFTER GIVING BIRTH

MYTH #3
PMADs CAN RESOLVE ON THEIR OWN

ANY PARENT CAN SUFFER FROM PMADs

YOU CAN PREVENT WORSENING SYMPTOMS & RECOVER

RECOGNIZE SYMPTOMS & REACH OUT ASAP TO GET THE HELP

YOU NEED & DESERVE

UNTREATED PMADs AFFECT CHILDREN:

→ PRETERM BIRTH
→ LOW BIRTH WEIGHT
→ LESS BREASTFEEDING
→ ISSUES WITH BONDING
→ DEVELOPMENTAL DELAYS
→ BEHAVIOR PROBLEMS

IF YOU FEEL...

• SAD
• GUILTY
• HOPELESS
• LONELY
• HELPLESS
• WORTHLESS
• CONFUSED

• ANXIOUS
• TENSE
• ISOLATED
• ALONE
• UNABLE TO LAUGH
• LOW SELF-ESTEEM
• RAGE
• LOSS OF CONFIDENCE

• FULL OF DOUBTS
• MOOD SWINGS
• APPETITE CHANGES
• OVERWHELMED
• CRYING ALL THE TIME
• EXHAUSTED
• AGITATED
• FITS OF ANGER

FOR LONGER THAN 2 WEEKS,

• FRIGHTENING OR SCARY THOUGHTS
• COMMANDING THOUGHTS
• THOUGHTS OF HURTING YOURSELF OR YOUR BABY

YOU ARE NOT ALONE
YOU ARE NOT TO BLAME
YOU WILL GET BETTER

SUICIDE IS A LEADING CAUSE OF DEATH

IF YOU OR A LOVED ONE ARE STRUGGLING-SPEAK UP IT COULD SAVE A LIFE!

THIS IS MORE THAN THE BABY BLUES

ONLY MOTHERS CAN EXPERIENCE PMADs

PMADs CAN RESOLVE ON THEIR OWN

PREVENT WORSENING SYMPTOMS & RECOVER TO GET THE HELP

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CARING FOR YOURSELF IS CARING FOR YOUR CHILD

LOCAL RESOURCES

SUPPORT NETWORKS

HEALTHY MT FAMILIES HOME VISITING
406-751-8110

POSTPARTUM RESOURCE GROUP
www.postpartumresourcegroup.org

MENTAL HEALTH SUPPORT

AMBER DEAN, PMHNP
North Valley Hospital
406-862-1030

AMY ESMAY, LCPC
Park View Transitions,
406-892-3063

EMILY LUCAS, LCPC, PMH-C
509-435-2404
www.emilylucascounseling.org

NICOLE ROBERTS, LCPC
701-526-4885
creativechangefs.com

KARA STANSBURY, LMFT, LCPC
406-578-3129

MEGAN BAKER WELLES, LMFT, LCPC
406-407-0935
www.meganbakerwelles.com

BREASTFEEDING SUPPORT

FLATHEAD COUNTY WIC OFFICE
406-751-8170

FLATHEAD VALLEY BREASTFEEDING COALITION
406-897-4473
fvbreastfeedingcoalition@gmail.com

FLOWING ROOTS LACTATION
406-261-9091

MEDICAL PROVIDERS

GRETA BEIL, PA-C
1035 1st Ave, Kalispell
406-751-8113

SAMANTHA GREENBERG, MD, MPH
1035 1st Ave, Kalispell
406-751-8113

KASSANDRA PATTON, WHNP-BC, PMH-C
210 Sunnyview Lane, Suites 201 & 206, Kalispell
406-752-5252

JANA SUND, CNM
210 Sunnyview Lane, Suites 101, Kalispell
406-751-8009

CHRISTIE WESMAN, CNM
210 Sunnyview Lane, Suites 101, Kalispell
406-751-8009

JEANNE TREMPER, CNM
770 West Reserve, #3, Kalispell
406-300-4511

OTHER RESOURCES

IMAGINEIF LIBRARY
247 1st Ave E, Kalispell
406-758-5820

NATE CHUTE FOUNDATION
flatheadresourceguide.org

NEED HELP NOW?

POSTPARTUM SUPPORT WARMLINE
800-944-4PPD (4773)

LOCAL CRISIS LINE
406-752-6262

SUICIDE PREVENTION LINE
CALL: 800-273-TALK (8255)
TEXT: MT or START to 741741

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