

Have you been feeling sad or depressed?

Are you having trouble sleeping or eating?

Do you feel anxious or panicked?

Has it been tough to bond with your baby?

Do you ever feel like you're not in control?

Have you thought of harming yourself or your baby?

If you answered yes to any of these questions, it may mean that you are experiencing a type of mood or anxiety disorder related to your pregnancy. This is not your fault.

Many women experience some mood changes during and after pregnancy, but others may have more significant symptoms.

Reach Out For Help

Local Support Resources
are here for you

2-1-1 Confidential Helpline (24/7):
2-1-1

**Postpartum Education for Parents
(PEP) 24-hour Warm Line:**
(805) 564-3888

**Department of Behavioral Wellness
24-hour Crisis Response and Service
Access Line:**
(888) 868-1649

**Child Abuse Listening Mediation
(CALM)**

Santa Barbara: (805) 965-2376
Santa Maria: (805) 614-9160
Lompoc: (805) 741-7460

Postpartum Support International:
(800) 944-4773

**Public Health Department
Maternal, Child & Adolescent
Health Program:**
(800) 288-8145

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You are not alone.

You will get better.

Help is near.

Learn more about common mental health issues and know when to reach out for help.

Adapted from Postpartum Support International.
<http://www.postpartum.net>.



Women of all cultures, ages, races, and income levels can experience mood and anxiety disorders during and after pregnancy.

The Baby Blues

Up to 80% of new mothers feel some mood swings and weepiness for the first 2-3 weeks after giving birth.

This is commonly called "the baby blues" and the feelings go away without medical attention.

For some women, these feelings may get worse and/or may not go away. This is often called Perinatal Mood and Anxiety Disorder or PMAD.

What do women with PMAD experience?

Women commonly report feeling one or many of the following symptoms:

- Exhaustion or even insomnia
- Irritability
- Anxiety or panic
- Rapid mood swings
- Thoughts of self-harm and/or harming your baby

What can women with PMAD do to feel better?

- Rest when your baby sleeps
- Eat balanced meals throughout the day
- Make time for exercise—take a short walk
- Reach out to family, friends or local support resources
- Get the help you need—talk to your doctor

When is it time to get help from a doctor?

Reach out to your doctor if you are experiencing overwhelming PMAD symptoms or symptoms that last past a few weeks.

Help is available and treatment can work for you.



DID YOU KNOW?

Mental health disorders related to pregnancy can appear up to 12 months after childbirth.