

RESOURCES AND SUPPORT

THE UTAH MATERNAL MENTAL HEALTH COLLABORATIVE

Our website provides detailed information, a list of support groups, therapists, and links to other related resources for families and providers.

www.utahmmhc.com

POSTPARTUM SUPPORT INTERNATIONAL (PSI)

PSI provides information in English and Spanish, a list of support coordinators around the world, training, and a free "warm-line" staffed by volunteer moms offering support and resources.

www.postpartum.net 1-800-944-4773.

UNIVERSITY OF UTAH NEUROPSYCHIATRIC INSTITUTE (UNI) CRISIS LINE

Free confidential support, including a mobile crisis team able to come to a residence when needed. 801-587-3000.

FAMILY SUPPORT CENTER

Free 24/7 child-care when parents are overwhelmed. Locations throughout Utah.

<http://www.familysupportcenter.org/UAFSC%20Listing.pdf> 801-955-9110

The UMMHC brings together medical and mental health providers, allied health professionals, and mothers with lived experience. Our mission is to exchange ideas and form relationships to increase and improve awareness, prevention, detection, and treatment of maternal mental health complications in Utah.

**We believe that
Moms' Mental Health Matters!**

If you or someone you care about is in crisis please call UNI's crisis line
801-587-3000
or the National Suicide Prevention Lifeline
1-800-273-8255

For more information on local and national resources for pregnancy and postpartum mental health visit www.postpartum.net



**Utah Maternal Mental
Health Collaborative**

www.utahmmhc.com

Utah Moms Mental Health Matters!



**Are you pregnant or have a
young child and just don't feel
like yourself?**

**You are not alone, not to blame,
and with help you will be well!**

**UTAH MATERNAL MENTAL
HEALTH COLLABORATIVE**

www.utahmmhc.com

MATERNAL ANXIETY & DEPRESSION FACTS

Experts consider *birth through the first two years* to be the “postpartum” period.

Depression is the *number one complication of childbirth* affecting at least 13% of Utah moms.

Maternal Mental Health complications most often begin during pregnancy.

Anxiety, irritability, agitation, insomnia, anger, and constant worry are often more common in Postpartum Depression (PPD) than sadness and feelings of depression.

Oftentimes PPD is part of a trauma reaction called Birth Trauma Post Traumatic Stress Disorder.

Around 25% of all moms will develop some symptoms of PTSD after childbirth.

Some women may have a complication involving intrusive repetitive images of harming their baby called “perinatal OCD”.

Women who experience a *miscarriage or infant loss, deal with infertility, adoption, or abortion* are at risk for the same symptoms as pregnant and postpartum women.

At least 10% of fathers will develop PPD.

THE GOOD NEWS? IT'S TREATABLE!



SIGNS AND SYMPTOMS DURING PREGNANCY AND THE FIRST YEAR POSTPARTUM

Your emotional health during this time is important. It can affect your pregnancy, your long-term well-being and that of your baby. Below are common signs that can be part of pregnancy-related emotional health complications called mood and anxiety disorders.

Anxiety or racing thoughts

Constant worry about your baby's safety

Difficulty sleeping or getting back to sleep

Irritability, anger, or rage

Guilt about your feelings

Tearfulness, sadness, or feeling worthless

Intrusive images of harm coming to your baby

Scary thoughts you are afraid to share

Constantly feeling overwhelmed

Difficulty coping

Nightmares

Thoughts of harming yourself or feeling your baby and family may be better off without you.

If any of these symptoms apply to you contact your healthcare provider today, look at our website or call PSI at 1-800-944-4773

QUICK TIPS FOR PREVENTION AND GETTING WELL

Think SNOWBALL!

Sleep- Aim for a 4-6 hour stretch at least 3 nights a week. When possible have a family member give the first feeding of the night while you sleep.

Nutrition - Ask your provider about your Vitamin D level, take a high quality prenatal, and eat protein and fat at every snack and meal.

Omega-3s - Fish Oils can prevent and treat symptoms. 1000-5000 mg combined EPA and DHA is considered therapeutic. Ask your doctor.

Walk - Even 10-20 minutes a day can help.

Baby breaks - An hour a day of time for yourself is essential.

Adult time - Join an online group, reach out to a friend every day and journal, even when you are not feeling well. Expand your support system.

Liquids - Drink two large pitchers of H2O daily.

Laughter - Make time for silliness and joy each day. A funny movie, time with friends etc. If laughing feels impossible it's time to seek more support.

**REACH OUT FOR HELP!
YOU DESERVE TO BE WELL.**