

Perinatal Mood and Anxiety Disorders

A real and common illness.

Perinatal Mood and Anxiety Disorders, often called Postpartum Depression, is a term that includes many emotional and physical symptoms.

It can affect women any time during pregnancy, and within the first year after the birth or adoption of a baby.

The causes are not fully understood. We know that hormonal changes, lack of support, stress, and the demands of a new baby have an impact. Previous depression or stressful and traumatic experiences also have an influence.

There is help.

Find a sympathetic listener like your partner, health care provider, friend, or family member.

Join the **Mother Reach**

Support Group

Held every Thursday, 1-3 PM



1064 Colbourne Street, London

OR

Contact us for information about support services in London and Middlesex.



London & Middlesex



helpformom.ca
519-672-HOPE (4673)

ARE YOU FEELING SAD, OVERWHELMED, ANGRY, ANXIOUS?

THERE IS HOPE

YOU ARE NOT ALONE, MOTHER REACH CAN HELP



You are not the only one who feels this way.

As many as 1 in 5 women experience anxiety or depression during their pregnancy.

Up to 80% of women feel sad or anxious during the first few weeks after having a baby – often called the “Baby Blues”. If you keep feeling this way or get worse you should get help.

Up to 20% of moms struggle with serious mental illness after having a baby. In rare cases, women can experience a psychosis, where they lose touch with reality. This requires immediate medical attention.



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Symptoms of Perinatal Mood and Anxiety Disorders:

- FEELING ANXIOUS, LONELY OR INADEQUATE
- FEELING OVERWHELMED
- FEELING HOPELESS, SAD, EMPTY
- EXTREMELY TIRED OR EXHAUSTED
- CHANGE IN APPETITE
- THOUGHTS OF HARMING YOURSELF OR THE BABY
- CAN'T STOP CRYING
- CAN'T STOP WORRYING
- SCARY THOUGHTS OR VISIONS

The symptoms are real.
It can affect anyone.
Medical attention is needed.

