

PERINATAL MOOD & ANXIETY DISORDERS (PMADs)

MYTH #1

ONLY MOTHERS CAN EXPERIENCE PMADs

**ANY PARENT
CAN SUFFER FROM
PMADs**



MYTH #2

PMADs STOP AFTER GIVING BIRTH

**YOU CAN PREVENT
WORSENING SYMPTOMS &
RECOVER**

**SUICIDE IS A LEADING
CAUSE OF DEATH**

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



MYTH #3

PMADs CAN RESOLVE ON THEIR OWN

**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



**REQUIRES
IMMEDIATE
ATTENTION**

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



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.emilylucasounseling.org

NICOLE ROBERTS, LCPC

701-526-4885

creativechangeefs.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