

ABOUT PHA

Postpartum Health Alliance is a San Diego non-profit organization dedicated to raising awareness about Perinatal Mood and Anxiety Disorders, educating and connecting community professionals, and providing support and treatment referrals to perinatal families.

WHAT WE DO

- WE PROVIDE SUPPORT AND REFERRALS THROUGH OUR WARMLINE WITH TRAINED VOLUNTEERS.
- WE PROVIDE TRAINING TO A VARIETY OF PROFESSIONALS AND ORGANIZATIONS THAT WORK WITH NEW MOMS AND FAMILIES.
- WE HOST A REFERRAL LIST OF COMMUNITY PROFESSIONALS AND PROVIDERS COMMITTED TO PMADS PREVENTION, DIAGNOSIS, AND TREATMENT.
- WE PROMOTE PMADS EDUCATION AND AWARENESS IN THE COMMUNITY AND ON OUR WEBSITE, BLOG, AND SOCIAL MEDIA.

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TAKE A SCREENING TEST*

(Edinburgh Postnatal Depression Scale)

(Please circle the answer that comes closest to how you have felt in the past seven days.)

A. I have been able to laugh and see the funny side of things:

0- As much as I always could 2- Definitely not quite so much now
1- Not quite as much now 3- Not at all

B. I have looked forward with enjoyment to things:

0- As much as I ever did 2- Definitely less than I used to
1- Rather less than I used to 3- Hardly at all

C. I have blamed myself unnecessarily when things went wrong:

3- Yes, most of the time 1- Not very often
2- Yes, some of the time 0- No, never

D. I have felt worried and anxious for no good reason:

0- Not at all 2- Yes, sometimes
1- Hardly ever 3- Yes, very often

E. I have felt scared or panicky for no good reason:

3- Yes, quite a lot 1- No, not much
2- Yes, sometimes 0- No, not at all

F. Things have been getting on top of me:

3- Yes, most of the time I haven't been able to cope at all
2- Yes, sometimes I haven't been coping as well as usual
1- No, most of the time I have coped quite well
0- No, I have been coping as well as ever

G. I have been so unhappy that I have had difficulty sleeping:

3- Yes, most of the time 1- Not very often
2- Yes, sometimes 0- No, not at all

H. I have felt sad or miserable:

3- Yes, most of the time 1- Not very often
2- Yes, sometimes 0- No, not at all

I. I have been so unhappy that I have been crying:

3- Yes, quite a lot 1- No, not much
2- Yes, sometimes 0- No, not at all

J. The thought of harming myself has occurred to me:

3- Yes, quite often 1- Hardly ever
2- Sometimes 0- Never

____ TOTAL SCORE

Total your circled scores for each question. If your score is 10 or greater you may have symptoms that need further assessment. Speak with your healthcare provider or contact the Postpartum Health Alliance at (619) 254-0023.

(Please note that this test does not screen for all mental health conditions. If you are feeling that something is not right, please call someone right away.)

*Cox, J.L., et al. Detection of Postnatal Depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 1987; 150: 782-786.

POSTPARTUM
HEALTH
ALLIANCE



YOU ARE NOT ALONE

WARMLINE: 619.254.0023
POSTPARTUMHEALTHALLIANCE.ORG
@POSTPARTUMHEALTHALLIANCE

“Shouldn’t this be the happiest time of my life? Then why do I feel so overwhelmed...”

Having a new baby can be a joyous occasion but it can also be very stressful. The “Baby Blues,” which affects up to 80% of mothers, usually starts within a few days of giving birth, lasts a week or two, and tends to go away on its own. During this time, most new mothers feel weepy, drained, anxious, irritable, and overwhelmed. However, for some this experience may not fade away, it may begin to intensify. Up to 20% of new moms experience something beyond the baby blues called perinatal mood and anxiety disorders (PMADS).

WHAT ARE PERINATAL MOOD AND ANXIETY DISORDERS?

PMADS are an umbrella term that encompasses maternal mental health conditions during pregnancy and up to one year postpartum. There are many conditions that fall into this category including perinatal depression, anxiety, obsessive compulsive disorder, bipolar disorder, post-traumatic stress disorder and psychosis.

HOW COMMON ARE PMADS?

Up to 1 in 5 women (and 1 in 10 men) will experience PMADS making them the #1 complication of pregnancy and childbirth. People of every culture, age, income level, and race can develop PMADS.

RISK FACTORS:

- Change in hormone levels
- Previous mental conditions
- Family history of mental health conditions
- Lack of sleep
- Changes in thyroid function
- Unrealistic expectations
- Difficult or traumatic pregnancy, labor, or delivery
- Colicky, difficult, or demanding baby
- Lack of social support
- Breastfeeding challenges

SYMPTOMS:

- Feeling sad, hopeless, or overwhelmed
- Feeling anxious or panicky
- Having trouble sleeping, even when baby sleeps
- Fear of leaving the house or being alone
- Isolating from friends and family
- Unexplained anger or irritability
- Fear of harming herself or baby
- Trouble coping with daily tasks
- Difficulty concentrating or making simple decisions
- Feeling “out of control”

TURN TO THE BACK FOR A
HELPFUL SCREENING TOOL

TREATMENT

PMADS are treatable and you can get better with skilled professional care and support. You are not alone. You are not to blame. We are here to help.

COMMON TREATMENT APPROACHES:

- THERAPY FROM A MENTAL HEALTH PROFESSIONAL, WHO SPECIALIZES IN TREATING THE PERINATAL PERIOD
- SOCIAL SUPPORT INCLUDING SUPPORT GROUPS
- MEDICATION PRESCRIBED BY A PROFESSIONAL WHO SPECIALIZES IN THE PERINATAL PERIOD

DON'T KNOW WHERE TO START?

START BY TALKING TO:

- OUR VOLUNTEER WARMLINE AT 619.254.0023
- YOUR OB/GYN, MIDWIFE, OR POSTPARTUM CARE PROFESSIONAL
- YOUR PRIMARY CARE PHYSICIAN
- YOUR CHILD'S PEDIATRICIAN
- YOUR FRIEND, A FAMILY MEMBER

WHAT IF THESE DISORDERS ARE LEFT UNTREATED?

Without treatment, PMADS can last for months or years. Left untreated, PMADS can result in a negative long-term effect on mom, baby, and the family's overall health and happiness.