

Why Call the Peripartum Mood Disorders Program?

The Peripartum Mood Disorders Program is here for you and your family. Whether you are a mother or father in need of support, or a family member feeling that something is just not right, please contact your physician or call 860.545.7104 for help.



Perinatal mood disorders are common and can range from baby blues to more severe symptoms. Just as many women need to seek extra help for breastfeeding or other health issues, your emotional health and well-being are just as important.

Every woman is at risk regardless of age, race, education or financial status.

Where else can I go for help and information?

Mother To Baby

Medications and more during pregnancy and breastfeeding. Ask the experts.

Call toll-free 866.626.6847

www.MotherToBaby.org

Postpartum Support International (PSI)

1.800.944.4773

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A Division of Hartford Hospital

Peripartum Mood Disorders Program

860.545.7104

Hours of operation 8 a.m. to 4:30 p.m.

Peripartum Mood Disorders Program

*When being a mom
doesn't feel like it should*



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What are Peripartum Mood Disorders?

Peripartum Mood Disorders describe symptoms that happen during or after pregnancy. They could affect a mother or father, and are changes in the way you feel, think or behave that you or others may notice.

1 or 2 out of 10 women will experience a peripartum mood disorder.

As an example, postpartum depression is the most common complication of childbirth, putting American families at risk each year. Approximately 1 million women a year will struggle with a perinatal mood or anxiety disorder. To learn more go to: <http://postpartumprogress.org/the-facts-about-postpartum-depression/>

Symptoms that women (and some men) describe that would require evaluation:

- Trouble sleeping or being exhausted but being unable to sleep
- Frequent crying
- Feelings of loneliness, sadness, helplessness
- Frequent mood swings
- Anxiety, panic, excessive worry
- Lack of interest in life, feeling sluggish, fatigued, exhausted
- Having too much energy
- Fidgety or restless; cannot sit still
- Repetitive or suspicious thoughts that won't go away
- Thoughts of hurting yourself or your baby
- Difficulty bonding with or lack of feeling towards the baby
- Fear of being left alone with baby
- Hearing voices or sounds that other people don't hear

One Woman's Story

My name is Heather and I suffered postpartum psychosis with my second child. The birth of my first son was wonderful and everything I felt it should be. The birth of my second son was not, right from the beginning. Postpartum depression almost took the life of my newborn child, my life and my marriage. For most women, their experience of postpartum depression is a deep dark secret. For me, it is my survival story.

I am part of a steering committee responsible for creating this resource for moms and their families and I wanted to share my story in the hopes that you will know that you are not alone. I remember my husband and I wanted to get help, and struggled to find support.

We went through it completely alone. I wish there was a resource like the Peripartum Mood Disorders Program that my husband and I could have called for help.

If something doesn't feel right, if you feel isolated and sad, are having obsessive or strange thoughts, impulses to hurt yourself and your baby; know that these symptoms are more common than you think and that there is help to make things better. All you need is the courage to ask for help.

(Heather is an employee at Hartford HealthCare.)

