



Due to the prevalence of Perinatal Mood and Anxiety Disorders (PMDs) and the importance of early identification and treatment, all Nest Collaborative patients are screened for PMDs. While Nest Collaborative IBCLCs are not able to diagnose or treat PMDs, our IBCLCs are trained to identify risks for PMDs and to collaborate with your healthcare provider to ensure your emotional health and safety. This handout will provide you with important information about recognizing perinatal mood disorders, accessing community support resources, and managing breastfeeding while protecting and prioritizing your mental health during the perinatal period.

## Recognizing Perinatal Mood and Anxiety Disorders (PMDs)

Identifying and treating PMDs is crucial for the well-being of both new parents and their babies. Seeking help can lead to a healthier and more positive perinatal experience for the entire family.



### Perinatal Depression

- Feelings of sadness, emptiness, or hopelessness
- Loss of interest or pleasure in activities once enjoyed
- Fatigue, changes in sleep patterns, sleeping too much or too little
- Appetite changes, eating too much or too little, weight changes
- Difficulty concentrating or making decisions



### Perinatal Anxiety

- Persistent and uncontrollable worry or fear
- Restlessness or feeling on edge
- Rapid heartbeat, palpitations, sweating
- Difficulty sleeping or staying asleep
- Avoidance of certain situations or activities due to anxiety



### Perinatal Obsessive-Compulsive Disorder (OCD)

- Repetitive, intrusive thoughts of harm to baby
- Compulsive behaviors, such as washing, checking, or counting
- Excessive fear of harm to baby, germs or contamination
- Avoidance behaviors, or need for constant reassurance of baby's safety



### Perinatal Posttraumatic Stress Disorder (P-PTSD)

- Recurrent and distressing memories or nightmares of a traumatic event
- Avoidance of reminders of the trauma
- Feeling on edge, easily startled, or having difficulty sleeping
- Emotional numbness or feeling detached from loved ones
- Hypervigilance and constant awareness of potential danger



### Perinatal Psychosis

- **NOTE: Perinatal psychosis is a mental health emergency: Please call 988 immediately if you are experiencing signs and symptoms of Perinatal Psychosis**
- Hallucinations: Seeing, hearing, or feeling things that are not real
- Delusions: Holding false beliefs that are not based in reality
- Rapid mood swings, restlessness, paranoia
- Difficulty organizing thoughts and communicating coherently
- Severe sleep disturbances



**Remember, seeking out help for a PMD is a sign of strength!**

If any of the above signs and symptoms sound familiar to you, please make your mental health a priority and get help. You are not alone- resources and treatment options available.

## Seeking Help: Resources, Support, and Treatment Options

Resource	Support Available	Website & Phone
988 Lifeline	<ul style="list-style-type: none"> <li>• Suicide and crisis hotline for mental health emergencies</li> <li>• Services in English and Spanish</li> </ul>	<a href="https://988lifeline.org/">https://988lifeline.org/</a> or dial 988
Postpartum Support International	<ul style="list-style-type: none"> <li>• Provides more than two dozen online support groups for parents</li> <li>• Assists search for professional mental health provider</li> <li>• Call or Text</li> <li>• Support available in English and Spanish</li> </ul>	<a href="http://Postpartum.net">Postpartum.net</a> 1-800-944-4773
The National Maternal Mental Health Hotline	<ul style="list-style-type: none"> <li>• Offers support from professional counselors</li> <li>• Call or Text 24/7</li> <li>• Support available in English and Spanish</li> </ul>	<a href="https://mchb.hrsa.gov/national-maternal-mental-health-hotline">https://mchb.hrsa.gov/national-maternal-mental-health-hotline</a> 1-833-TLC-MAMA (1-833-852-6262)
Mom's Mental Health Matters	<ul style="list-style-type: none"> <li>• Provides information about perinatal depression and anxiety</li> </ul>	<a href="https://www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/moms">https://www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/moms</a>
Primary care providers and Women's Health providers	<ul style="list-style-type: none"> <li>• PMD screening, diagnosis, and some treatment</li> <li>• Referrals to local perinatal mental health professionals</li> </ul>	Call your current primary care and/or women's health provider

## Managing Breastfeeding and Perinatal Mental Health

Breastfeeding may lower the risk of developing postpartum depression

- One to one support from a skilled lactation provider is essential.
- Your Nest IBCLC will screen you for PMDs at every visit.
- Your IBCLC can help you make a plan for breastfeeding that prioritizes your mental health.
- Breastfeeding support groups and other peer to peer support groups, like Nest's Latch Lounge, can also help.

Your mental and emotional well-being during the perinatal period is important. Remember to seek help and support, and work closely with your Nest Collaborative IBCLC. Schedule your follow up appointment with your Nest Collaborative IBCLC by going to our website [www.nestcollaborative.com](http://www.nestcollaborative.com) or by calling (888) 598-1554.

