

# Is treatment available for PMADs?

Yes! Horizon offers individual and group counseling and support during this difficult time, and strategies to engage loved ones and resources. Our psychiatrist will meet with you to discuss medication options for more immediate relief. If you are interested or know someone who would benefit from speaking with a counselor, please call us today at 716.831.1800 to schedule an appointment.

**We are here to help.**  
**(716) 831-1800**



# Maternal Mental Health



Restore your life and health.

---

**CALL FOR AN APPOINTMENT TODAY**

**716.831.1800**

**horizon-health.org**

---

***Our Mission***

***Together for Recovery.  
Changing Lives. Saving Lives.***

Rev. April 2022





## What are perinatal mood and anxiety disorders (PMADs)?

Mood changes and symptoms before and after pregnancy are common, and often resolve on their own during the two weeks postpartum. However, many women experience perinatal mood and anxiety disorders that can occur during pregnancy and during the first year following birth. These mood disorders are often triggered by the drastic change in hormone levels. PMADs can also occur because of life stressors, relationships with others and environmental factors. With treatment, these disorders can often be successfully treated, allowing women to more effectively take care of themselves and their babies.

## Symptoms:

PMADs vary in severity and may include the following symptoms:

### EMOTIONAL SYMPTOMS

- Pervasive sense of sadness
- Loss of interest and enjoyment in life and all or most activities
- Irritability
- Unpredictable tearfulness
- Suicidal thoughts due to feeling overwhelmed or hopeless
- A strong sense of failure, inadequacy or guilt
- Feelings of anxiety, worry, panic
- Not feeling like yourself anymore

### PHYSICAL SYMPTOMS

- Sleep disturbances
- Weight gain or loss
- Loss of interest in sexual activity

### COGNITIVE SYMPTOMS

- Thoughts of worthlessness
- Excessive concern about the welfare of the child and worry
- Negative self-talk
- Thoughts of harming the infant or visions of the infant being harmed

### BEHAVIORAL SYMPTOMS

- Withdrawal from the infant, spouse, family and friends
- Physical neglect of self and of the infant



## WOMEN WHO HAVE EXPERIENCED THE FOLLOWING ARE AT HIGHER RISK TO EXPERIENCE A PMAD

- History of depression, substance use or other mental health problems
- Family history of mental health or substance use disorders
- Difficult relationships or lack of support from partner, friends or other family members
- Financial or housing stressors
- Young maternal age
- Stressful life events, home relocation, death of a family member, etc.
- Sleep difficulties
- Pregnancy complications and/or traumatic birth
- Grief and loss of pregnancy/baby (miscarriage, termination, stillbirth)
- Child with complex medical issues/NICU stay
- Mood changes in past pregnancies or postpartum periods

Partners, adoptive parents, and those who have become parents via surrogacy can also experience depression or anxiety during the perinatal period as well.