

# Treatment is Available

Horizon offers individual and group counseling options for support in the difficult time. Additionally, we involve loved ones and link to appropriate 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**



# Perinatal Mental Health



Restore your life and health.

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Call today to link with a  
trained perinatal specialist

**716.831.1800**

**[horizon-health.org](http://horizon-health.org)**


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### *Our Mission*

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

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## What are perinatal mood and anxiety disorders?

Mood changes and symptoms before and after pregnancy are common and often resolve on their own during the first two weeks of postpartum. However, many birthing individuals and their partners experience perinatal mood and anxiety disorders that can occur at any time during pregnancy, during the first year following birth, after an abortion/termination or miscarriage. Parents adopting or those struggling with fertility are also at risk. These symptoms are often triggered by drastic changes in hormone levels. These concerns can also occur because of life stressors, relationships with others, and environmental factors. With treatment, these symptoms can often be successfully addressed, allowing the parents to more effectively care for themselves and their child.

## Symptoms:

Signs and symptoms vary in severity and may include:

### 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 AND BIRTHING INDIVIDUALS ARE AT HIGHER RISK OF DEVELOPING PERINATAL MOOD CONCERNS IF THEY HAVE EXPERIENCED THE FOLLOWING:

- 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.