



CHAMBER OF MOTHERS

HEAL MAMAS

PERINATAL MENTAL HEALTH DISORDERS such as postpartum depression and postpartum anxiety are the **leading complications of birth** in the United States, impacting 1 in 5 new moms. These conditions, which include postpartum psychosis (which occurs in 0.1 to 0.2 percent of births), can occur **during pregnancy or up to a year or more postpartum**.

How much do you know about them? The following questions can help you start a conversation with your provider, erase stigma, and work toward healing mamas.

- H** **Help:** Do you have enough help? Help can be tangible (someone to help with tasks) or emotional (someone you can call for nonjudgmental compassionate support).
- E** **Emotions:** Are you feeling sad, hopeless, angry, irritable, tired, or fearful?
- A** **Activities of Daily Life:** How much effort is required to perform daily tasks such as showering, eating, brushing teeth, and getting dressed?
- L** **Learn:** Do you know the risk factors for developing a perinatal mental health disorder? They include a personal or family history of a perinatal mental health condition or a mental health condition in general & more.

- M** **Medical:** Do you know how your medical history might impact you?
- A** **Apathetic:** Are you not interested in your baby or in things you used to enjoy? Do you experience any moments of joy or contentment with your baby during the day?
- M** **Medication:** Are you taking medication as prescribed? Have you considered medication as a tool in your pregnancy/postpartum mental health journey?
- A** **Anxious:** Are you having intrusive thoughts or feeling more anxious than usual? Do you find these thoughts hard to shake?
- S** **Support Structures:** Do you have access to key support structures such as paid leave, social support, professional mental health support, and affordable childcare? Do you feel empowered to ask for and receive this support?

Support is here.

**Text 1-833-TLC-MAMA any time to
connect with a trained counselor.**



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Created by Sarah Baroud, LICSW

Are you having thoughts of self-harm or thoughts of harming your baby? Call 911; 988, the Suicide and Crisis Lifeline; or the Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262) 24/7 for assistance.

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HELP IS AVAILABLE.

Access free support groups and educational resources via Postpartum Support International at postpartum.net and find a provider trained in perinatal mental health at psidirectory.com.

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