

Pregnancy: Mood Disorders, Anxiety and Depression



1 in 5 women



will experience a mood or anxiety disorder during pregnancy or after giving birth

Depression and anxiety are just as common during pregnancy as in the postpartum

Perinatal **mood disorders are treatable, yet more than half** of those who experience them **suffer in silence** and don't get help

Learn more about
Perinatal Depression



Perinatal mood and anxiety disorders

#1 complication of childbirth

What if ...

I'm not a good mom?

I never feel like myself again?

I accidentally drop my baby?

my baby would be better off without me?



Thoughts like these feel scary, yet can be common for moms struggling with anxiety or depression

Learn more about
Perinatal Anxiety



Postpartum psychosis is a **life-threatening emergency**

It's important to know the signs.



Symptoms can include:

- hallucinations
- delusions
- paranoia
- sleeplessness
- rapid mood swings

PPP

postpartum psychosis

Is rare. Women who have a history of bipolar disorder are at much higher risk.

Can be life-threatening for both mom and baby.

Learn more about
Perinatal Psychosis



If a new mom is showing any of these signs, call the **866-364-MOMS** Line today!