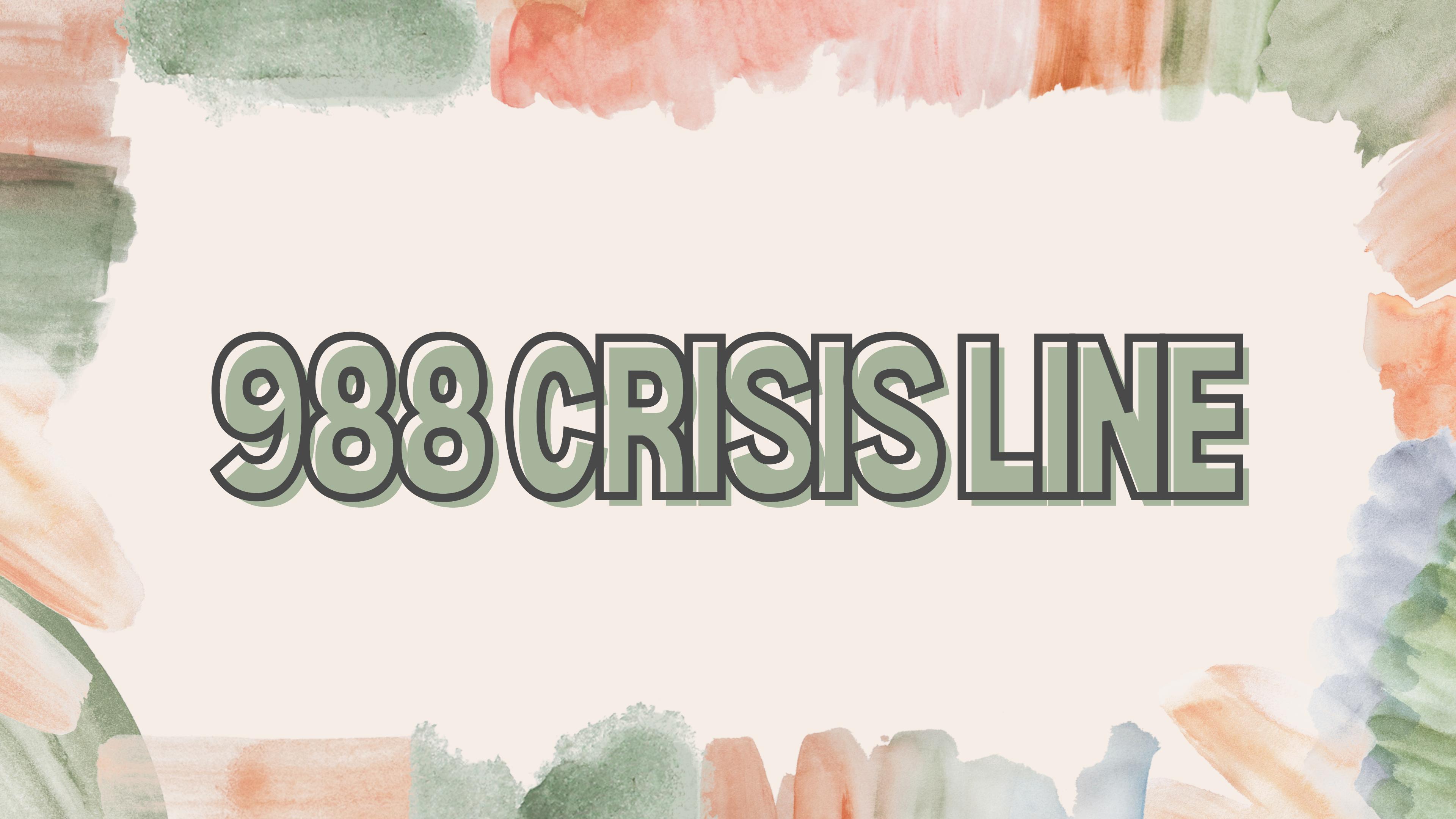


# POSTPARTUM MENTAL HEALTH

Presented by Kinsey Kistler LPN, Full Spectrum Doula,  
Co-Founder of The Village Doulas

1-833-9HELP4MOMS



988 CRISIS LINE

# 10-15% OF WOMEN EXPERIENCE POSTPARTUM MOOD DISORDERS

How can we identify common symptoms and thought patterns present in different postpartum psychiatric disorders?

How and where can help be found?

How can our loved ones support us?

Trigger Warning



# Postpartum Psychiatric Disorders

**BABY BLUES**

**PP OCD**

**PP DEPRESSION**

**PP PTSD**

**PP ANXIETY**

**PP PSYCHOSIS**

# The Baby Blues

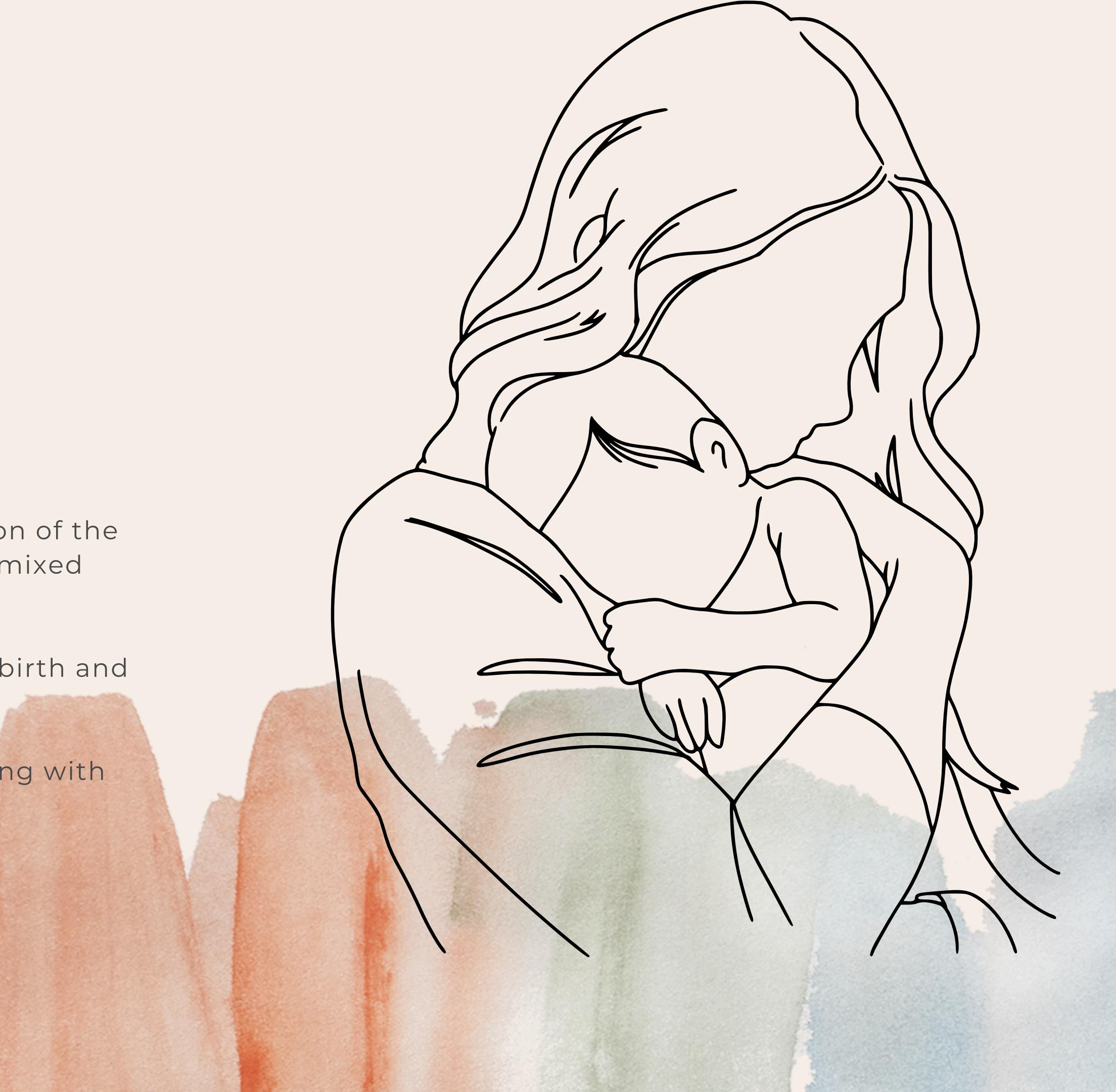
Around 85% of birthers experience some variation of the baby blues. This looks like emotional instability mixed with elation and negative emotions.

Most commonly occurs in the first 10 days after birth and peaks around days 3-5.

May experience difficulty bonding and connecting with baby and family members.

Pro tips:

- write down observations about your baby
- focus on nourishing your body



# POEM Local Support Group

**When:** Sat, October 5, 10:00am – 11:30am

**Where:** Ellie Mental Health,  
450 Alkyre Run Dr Suite 250,  
Westerville, OH 43082, USA ([map](#))  
[Description](#)

Facilitators: Cassandra J. & Kelly C.  
Today's group will be held in-person

Groups are for pregnant and postpartum moms in OHIO, moderated by mothers who have gone through the POEM peer support group training program.

**\*\*No registration required for in person groups.**

## Postpartum Depression

Postpartum Depression is the most common mood disorder seen in birthers.

Most commonly occurs in the first 3 months after delivery.

Hard to differentiate from a depressive episode, key features are the the timing of the depression and feelings of guilt and inadequacy as a parent.

Call your doctor if you are having depression symptoms such as sleep/appetite disturbances, lack of energy, pervasive depressed mood, or suicidal ideation.

Treatment: therapy, medications, lifestyle changes

# Postpartum Anxiety

There is a fair amount of anxiety involved in raising a child, but this should be manageable. This activity is to take a look at some common mom-xieties and see what is healthy and what may indicate someone is struggling with PPA.

I feel nervous about people dropping my baby, but I still let people close to me to hold them with some boundaries for my comfort.

I feel nervous about people dropping my baby. I do not let people hold my baby except for close relatives, and I stay close, but I am still uncomfortable.

I think about someone dropping my baby multiple times a day. When my partner holds our baby I think about them dropping them the whole time. I have dreams about my baby falling and getting hurt.

# Postpartum Anxiety

There is a fair amount of anxiety involved in raising a child, but this should be manageable. This activity is to take a look at some common mom-xieties and see what is healthy and what may indicate someone is struggling with PPA.

I am concerned about my child's safety in cars, so I always follow car seat safety guidelines and went to a class to ensure I knew how to properly install and use the car seat.

I am concerned about my child's safety in cars. I do all of the above, and am selective about who they can drive with. We do not take unnecessary trips to reduce risk.

I am concerned about my child's safety in cars. Only my partner can drive them and I sit in the back seat. I have dreams of them being hurt in an accident. I have intrusive thoughts in the car that my partner will drive off the road.

# Postpartum Obsessive Compulsive Disorder

It can be hard to assess whether you are just taking the upmost precautions or having compulsive behavior around the raising of your child.

You may experience repetitive intrusive thoughts about your baby that you cannot free yourself from. You may feel the need to take part in certain behaviors out of fear that not doing so will bring harm to your baby.



# Postpartum Post-Traumatic Stress Disorder

Postpartum PTSD has a distinct set of symptoms that set it apart from postpartum depression, anxiety or other postpartum mental health conditions:

- Repetitively re-experiencing the trauma in an intrusive and uncontrollable way.
- Suffering from flashbacks, nightmares and/or memories of trauma.
- Being reminded of the trauma through triggering events.
- Actively avoiding anything that will trigger the trauma such as specific people or places.
- Remaining constantly on edge, hyper-vigilant, or aware of perceived threats and danger.
- Reacting exaggeratedly to perceived threats or dangers (such as being excessively startled by sounds or touch).
- Feeling detached or disconnected from reality and people.
- Suffering anxiety and panic attacks for seemingly no reason.
- Difficulty sleeping, concentrating or remembering things.



# Postpartum Psychosis

Postpartum psychosis is the most severe and most rare of the postpartum mood disorders. It is important to be aware of the risk factors.

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**01**

The first risk factor for developing postpartum psychosis is the presence of mental illness or the family hx of mental illness.

**02**

Certain vitamin and mineral deficiencies can cause psychosis.

**03**

The stressful conditions of having a baby such as poor nutrition, lack of sleep and personal hygiene.

**04**

Having another postpartum mood disorder and not getting treated properly.

YOU ARE NOT  
ALONE.

Seek help if you need help.



THANK YOU FOR  
BEING HERE!