

# Parental Mental Health Matters!

## Facts About Perinatal Mood and Anxiety Disorders (PMADs)

One out of seven women and one out of 10 men experience a PMAD such as postpartum depression or postpartum anxiety.<sup>1</sup>

### Some risk factors can include:

- History of depression or anxiety
- Medical diagnosis of child or parent
- NICU stay
- Feeding challenges
- Relationship stressors
- Feeling lack of support
- Traumatic or high-risk pregnancy and/or delivery

### Talk with your doctor or seek additional support when you're experiencing:

- Feeling down or depressed
- Scary or unwanted/intrusive thoughts
- Extreme worry or anxiety
- Feeling anxious or panicky
- Tearfulness
- Not enjoying things the way you used to
- Obsession/fixation on certain things
- Increased irritability or anger
- Not feeling like yourself
- Inability to sleep, or nonrestorative sleep
- Flashbacks/avoidance of traumatic triggers
- Thoughts of harming yourself or others<sup>2</sup>

## Internal Supports

### The Child and Family Support Center

Clinical social workers provide mental health therapy to very young children and adolescents. In addition, they provide services to adults who have a child receiving services at Kennedy Krieger, and who want to receive their own mental health services.

Contact: **410-298-3549** or **443-923-9400**

### Kennedy Krieger Resource Finder

The Resource Finder connects families with information related to community services for children with medical disabilities or who need community support.

Contact: **800-390-3372**

*The photograph used is for illustrative purposes only, and any person shown is a model.*

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## External Supports

### Postpartum Support International (PSI)

The world's largest organization dedicated to perinatal mental health, PSI provides resources and support to parents and families.

Contact: [postpartum.net](http://postpartum.net) or 800-944-4PPD (4773)

### Fussy Baby Network

This free warmline is available to families during their child's first year of life. Families may speak with an infant specialist regarding concerns about their baby's temperament and fussiness.

Contact: [fussybabynetwork.org](http://fussybabynetwork.org) or 888-431-BABY

<sup>1</sup>American Psychological Association ([apa.org/pi/women/resources/reports/postpartum-depression](http://apa.org/pi/women/resources/reports/postpartum-depression))

<sup>2</sup>For medical attention, or for an immediate life-threatening emergency, dial 911 or go to the nearest hospital. For all other mental health crises, contact the 988 Suicide & Crisis Lifeline by dialing or texting 988.



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