

## How are you feeling now?

While many women experience some mild mood change or "the blues" during or after the birth of a child, 1 in 7 women experience more significant symptoms of depression or anxiety. 1 in 10 Dads become depressed during the first year.

### PARENTS:

Are you feeling sad or depressed? Is it difficult for you to enjoy yourself? Do you feel more irritable or tense? Do you feel anxious or panicky? Are you having difficulty bonding with your baby? Do you feel as if you are "out of control" or "going crazy"? Are you worried that you might hurt your baby or yourself?

### FAMILIES:

Do you worry that something is wrong but don't know how to help? Do you think that your partner or spouse is having problems coping? Are you worried that it may never get better?

Any parent can suffer from pregnancy or postpartum mood or anxiety disorders. However, with informed care you can prevent a worsening of symptoms and can fully recover. It is essential to recognize symptoms and reach out as soon as possible so that you can get the help you need and deserve.



## PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



### SYMPTOMS



### RISK FACTORS



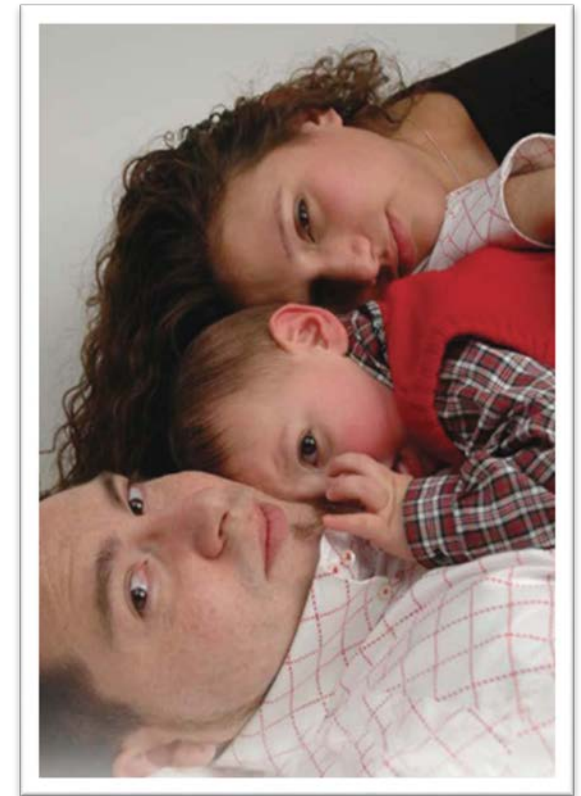
Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773 | 503.894.9453 (text)

## LSUHSC Child & Family Counseling Clinic

411 S. Prieur Street, Room 307  
New Orleans, LA 70112  
504-556-3451  
[cfcc@lsuhsc.edu](mailto:cfcc@lsuhsc.edu)

To make an appointment request, please request **Dr. Kellie Camelford** when calling or emailing the CFCC.

<https://alliedhealth.lsuhs.edu/clinics/cfccclinic.aspx>



## Supporting Perinatal Mood and Anxiety Disorders (PMADS) Through Counseling

**LSU Health**  
NEW ORLEANS  
School of Allied Health Professions

## Perinatal Mood and Anxiety Disorders

Parents of every culture, age, income level and race can get Perinatal Mood and Anxiety Disorders. Symptoms can appear any time during pregnancy and the first year after childbirth. There are effective and well-researched treatment options to help you recover. Although the term “postpartum depression” is often used, there are actually several overlapping illnesses.

### ***Pregnancy or Postpartum Depression***

Might include feelings of anger, irritability, guilt, lack of interest in the baby, changes in eating and sleeping, trouble concentrating, thoughts of hopelessness and sometimes thoughts of harming the baby or yourself.

### ***Pregnancy or Postpartum Anxiety***

Might include extreme worries and fears, including the health and safety of the baby. Some women have panic attacks and might feel shortness of breath, chest pain, dizziness, feeling of losing control, numbness and tingling.

### ***Postpartum Stress Disorder***

Often caused by a traumatic or frightening childbirth, symptoms might include flashbacks of the trauma with feelings of anxiety and the need to avoid things related to that event.

## Postpartum Support International

Postpartum Support International (PSI) is a worldwide non-profit organization dedicated to helping women and families suffering from perinatal mood and anxiety disorders. PSI offers support, reliable information, best practice training, and coordination.

### About Dr. Camelford

Dr. Camelford is a Licensed Professional Counselor—Supervisor who has over 10 years of clinical experience. Specially regarding perinatal mood disorders, Dr. Camelford completed the PSI 2-day Perinatal Mood Disorders: Components of Care Course and the PSI Advanced Perinatal Mental Health Certification Course and is scheduled to complete her certification test for the Perinatal Mental Health Certification.

## Things You Can Do

Being a good parent includes taking care of yourself. If you take care of yourself, you will be able to take better care of your baby and your family.

- Learn as much as you can about pregnancy and postpartum depression and anxiety.
- Get support from family and friends. Ask for help when you need it.
- Join a support group in your area or online.
- Keep active by walking, stretching or whatever form of exercise helps you to feel better.
- Get enough rest and time for yourself.
- Eat a healthy diet.
- Don't give up! It may take more than one try to get the right help you need.
- Additional PSI resources: PSI 1-800-944-4PPD and [www.postpartum.net](http://www.postpartum.net).