

Fragile emotions and mood instability are a **COMMON** part of perinatal adjustment. The mother feels unlike herself, and her loved ones often notice this.

Are you a healthcare provider seeking assistance for a client?

Do you need help in forming a plan or making a diagnosis?

Approximately 20% of mothers will experience depression or anxiety during pregnancy and the year following childbirth. **NON-emergency** symptoms include: tearfulness, irritability, feeling inadequate, scary thoughts that won't go away, sadness, nervousness, overwhelm, sleep and eating changes, feeling like the baby or partner would be better without her. Symptoms that may indicate a **CRISIS** include: mom sees or hears things that aren't there, mom is not making sense to you, flat affect as she describes a plan to hurt someone or herself.*

*Symptoms listed are examples and not a comprehensive list.



COMMONLY reported symptoms that you may be unfamiliar with:

INTRUSIVE thoughts are an expected and common symptom of perinatal anxiety. Neither the mother nor the baby is unsafe providing they have good support. **Support** for mom so that she is not always alone, another adult who can help care for the baby to allow mom a chance to rest, and even medication to reduce the frequency of the intrusive thoughts, **can make all the difference.**

SUICIDAL IDEATION, or thinking about death for self or loved ones, is a common symptom of perinatal depression. Active **SUICIDE** intention or plan among mothers is rare.

As a healthcare provider you have the right to consult with someone who has knowledge about perinatal mood and anxiety disorders. **PRIOR** to using emergency medical intervention as a first line of defense, please consider the list of resources to assist you. We have expert care in Tucson. and we are here to help you decide the best course.

KNOW YOUR FACTS: Perinatal anxiety/depression is **NOT** perinatal psychosis! Psychosis occurs in only 1-2 per 1000 of perinatal women and is a medical emergency. Read and learn more about perinatal mood disorders at www.tucsonpostpartum.com & www.postpartum.net.

Resources for mothers or providers:

If this is not an emergency, you can guide your client to the numbers below or use them as a resource yourself to discuss the situation that you are concerned about:

1. Serafina Women's Center, a program of CODAC Behavioral Health
502 N. Silverbell Rd. (near St Mary's Hospital), Tucson, AZ 85745
(520) 202-1987 Ask for Kristen Russell MA

2. Call community expert on maternal mental health, Chuck Chiverton PhD to discuss the situation at hand. (520) 325-9498, Extension 707.

3. Tucson Postpartum Depression Coalition (TPDC) maintains an informational website and provides brochures about perinatal mood and anxiety disorders and a list of local resources. www.tucsonpostpartum.com. info@mothersoasis.org

4. The AZ Warmline is a voicemail system staffed by volunteers. Geared to provide phone support to mothers and families, volunteers will listen and answer your questions about perinatal mood and anxiety disorders. Messages are checked daily and calls returned by the next day. This line serves as both a confidential support line for moms and for professionals seeking information about local support groups and services in their AZ community. Call: (888)434-MOMS (6667). Seven days a week, 9 AM-8 PM.

If this is an emergency and you do not feel your client is safe, please send her to the nearest emergency room or call the crisis center: (520)622-6000. 24 hours/day.