

# Perinatal Mental Health: Taking Care of Mom



Fatherhood involvement during the perinatal period offers vital support not just for fathers and babies but also for mothers' mental health and well-being. By actively sharing the responsibility of parenting duties, fathers help ease the emotional load on mothers, providing them with much-needed emotional support & practical assistance and allowing them more time for self-care. This support can significantly reduce the risk of maternal burnout and exhaustion, which are common precursors to perinatal mental health disorders. This collaborative approach also fosters a positive family environment, where mothers feel valued and supported, positively contributing to maternal mental health and resilience.

## Exploring Perinatal Mental Health: Definitions & Insights

**Prenatal Depression:** depression that happens during pregnancy characterized by extreme or ongoing sadness, anxiety, fatigue, and changes in sleep and eating habits.

**Postpartum Depression (PPD):** depression that occurs after childbirth characterized by strong feelings of sadness, anxiety, and tiredness that lasts for a long time after birth.

**Postpartum Anxiety (PPA):** when a person experiences severe anxiety (out of control and racing/consuming thoughts) after having a baby or becoming a parent (within the postpartum period).

## FREE In-Person and Virtual Support Groups

Call the numbers below to register

**Arrowhead Regional Medical Center**

(909) 580-3530

**Redlands Christian Counseling Services**

(909) 793-1078  
ext. 214

**Pomona Valley Hospital**

(909) 469-9491

**Healthy Family Beginnings**

(951) 639-8263

**Parkview Hospital Riverside**

(951) 823-0360

### Postpartum Support International Online Support Groups:

50+ virtual support groups conducted using a peer-to-peer support model. ~90 minute weekly sessions.

**Join here:**  
[tinyurl.com/PSI-SGO](https://tinyurl.com/PSI-SGO)

**Support Group Offerings:**  
[tinyurl.com/PSI-FOSG](https://tinyurl.com/PSI-FOSG)



# What is PPD & How Can Partners Help?



**The Postpartum Pact:** Interactive exercise that provides an excellent opportunity for couples to sit down and review their previous experience with postpartum depression and/or prepare for an upcoming postpartum period.  
[tinyurl.com/OPPP-CQ](https://tinyurl.com/OPPP-CQ)



**Beyond the Blues - Things to Keep in Mind:** Excerpt from the book *Beyond the Blues* that helps dads gain a better understanding on how to support their partner navigating PPD.  
[tinyurl.com/BTB-TKM](https://tinyurl.com/BTB-TKM)



**Tips for Postpartum Partners and Dads:** Tips for navigating PPD - symptoms, how to help mom, the importance of taking care of one's own stress, and dealing with the stress and emotions of mom.  
[tinyurl.com/T4PPD](https://tinyurl.com/T4PPD)



**Postpartum Support Center (PPSC):** Navigating this website may seem overwhelming at first, but rest assured, there are numerous valuable resources and programs available for mothers, including a peer-to-peer support hotline.  
[tinyurl.com/PPSCenter](https://tinyurl.com/PPSCenter)



**Postpartum Depression and Anxiety - Patient Information Sheet:** Brief walkthrough of what PPD feels & looks like, how to work through it, and what partners can do to help.  
[tinyurl.com/PPDA-Info](https://tinyurl.com/PPDA-Info)



## Mental Health Hotlines for Support

**SAMHSA's National Hotline:** 1-800-662-HELP (4357)

**Chat with a licensed expert:** 1-800-944-8766

Participant Code: **73162**

[Every Wednesday. Limited to the first 15 callers.]

**PSI Helpline:** 1-800-944-4773 [Eng & Span]

Leave a confidential message to be connected with a trained volunteer.

