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

Support Group Offerings: tinyurl.com/PSI-FOSG



Maternal Health Network

of San Bernardino County





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





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





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



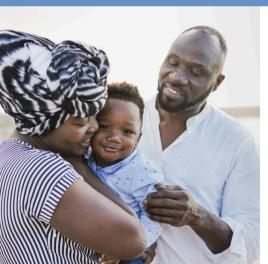


Postpartum Support Center (PPSC): Navigating this website may seem overwhelming at first, but rest assured, there are numerous valuable resources and programs available for mothers, including a peer-to-peer support hotline. *tinvurl.com/PPSCenter*





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







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.