



Perinatal Mood & Anxiety Disorders (PMADs)

PMADs are common mental health conditions that can occur during and after pregnancy. Up to one in five people may experience a PMAD in their lifetime.

PMADs can make people feel different than their usual self, and cause people to do things that don't feel normal for them. If you are pregnant or have an infant or young child and are struggling with increased sadness, worry, mood swings, irritability, guilt or other worrying feelings, please reach out for support.

If You Are Struggling, Help is Available

Postpartum Support International

CALL OR TEXT "HELP"

(800) 944-4773

Multiple online support groups and individual supports

<https://www.postpartum.net/>

CommuniCare+OLE

CALL (916) 403-2999

In-Home Therapy For Caregivers

<https://communicarehc.org/perinatal-behavioral-health-services/>

Welcome Baby: Road to Resilience

CALL (916) 403-2905

Self-refer online at website

Postpartum RN visit and long-term home visiting with behavioral health clinicians

first5yolo.org/welcomebaby

