

RESOURCES

Beyond Delivery

This program provides Charleston area moms with a meal, care package and support. Expecting and new moms can sign up for this free program. We also offer the option to send a meal and care package as a gift to a new mom.

Individual Peer Support:

Postpartum Support Charleston
Warm line: (843) 410-3585
Email: contact@ppdsupport.org

Emergency Resources:

Postpartum Support International 24/7
Hotline: 1-833-943-5746

Charleston County Mobile Crisis:
(843) 414-2350

Support Groups:

Postpartum Support Charleston
Offering online and in person group support. Visit ppdsupport.org for locations and times.

List of local mental health providers at www.ppdsupport.org



GET THE
SUPPORT
YOU NEED.



EMOTIONAL
SUPPORT AT EVERY
STAGE



ARE MY FEELINGS NORMAL?

The journey to motherhood is not always an easy one and becoming a new mother will certainly come with some difficulties. So, how do you know what is a normal part of becoming a new parent and when you should seek help?

Approximately 20% of new mothers will experience some form of maternal mental illness. This will help you identify if you are experiencing mental illness and should seek additional support.

POSTPARTUM DEPRESSION

Mothers with postpartum depression experience feelings of extreme sadness, anxiety, and exhaustion that may make it difficult for them to complete daily care activities for themselves or for others.

You may experience some or all of these symptoms:

- Feeling overwhelmed, and wondering if you should have become a mom in the first place.
- Feelings of guilt that you should be a better mom and that your baby deserves better.
- Not feeling a bond with your baby.
- Feeling agitation/rage
- Feeling nothing at all and that you are just going through the motions of the day.
- Feeling extreme sadness and/or hopelessness
- Loss of appetite
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WE ARE HERE TO
SUPPORT YOU, MAMA.
YOU ARE NOT ALONE.

BABY BLUES

Within the first few days postpartum, a mother can experience weepiness, anxiety and overall depression that resolves after a few weeks. Baby blues affects about 70% of new moms.

POSTPARTUM ANXIETY

PPA can cause a new mother to feel extreme worry, often over baby's health and safety. Mothers can experience panic attacks, OCD, intrusive thoughts or a sense of numbness.

POSTPARTUM PTSD

Postpartum Post-Traumatic Stress Disorder can occur after a frightening childbirth or past trauma. Symptoms can include flashbacks, anxiety or avoidance of things related to traumatic event.

POSTPARTUM BIPOLAR

Bipolar mood disorder can appear as a severe depression and is often diagnosed for the first time as bipolar depression or mania. New mothers need informed evaluations to determine a bipolar diagnosis and treatment plan.

POSTPARTUM PSYCHOSIS

Postpartum psychosis can cause a mother to hallucinate, have periods of confusion and distrust of others, or seem manic. This condition is dangerous and needs immediate attention by a medical professional.