



Learning More about Maternal Mental Illnesses

Maternal mental illnesses impact 1 in 5 women. It is the most common complication of pregnancy and childbirth and can affect anyone. With the right support it is also completely treatable.

Illnesses include postpartum depression, postpartum anxiety, postpartum OCD, postpartum PTSD, postpartum bipolar and postpartum psychosis. Symptoms can be found at postpartumsupportchs.org/maternalmentalillnesses.

National Resources

24/7 free confidential support available at 833-TLC-MAMA

Suicide and Crisis Lifeline: Call or text 988 for free and confidential support

What to do if a mom is experiencing symptoms?

REACH OUT. Admitting you need some support is hard, but the most important step. Write down what you are experiencing and call your doctor.

Treatment

There are various ways to help women who experience experience symptoms. Some might use medication, others prefer natural remedies, a healthy diet, and exercise. Talking to a counselor or joining support groups can also make a big difference. And for some, finding strength in their spiritual beliefs provides comfort. Many women even use a mix of these approaches to feel better.

Postpartum Support CHS Resources

- **Support Groups - free, community support**
- **Care coordination to community resources such as Therapists and Psychiatrists**
- **Mom Mentor program for one-on-one support**
- **Private Facebook group support**
- **Beyond Delivery - a free meal and care package**

All programs are available to pregnant & postpartum women up to one year postpartum.

Connect with us at contact@ppdsupport.org or call 843-410-3585. Additional resources are available on our website at postpartumsupportchs.org.

I Signed

Breaking the Silence on Maternal Mental Illnesses

