



Perinatal Mood & Anxiety Disorders

Information for Community Partners

Perinatal Mood & Anxiety Disorders (PMAD) are the most common complication of childbirth, affecting 15-20% of pregnant women and women with young children and up to 10% of men with young children.

Risk Factors

The following factors elevate a person's risk, although sometimes PMAD occurs without any risk factors present.

- **#1 Predictor: History of anxiety/depression during pregnancy**
- Perfectionist personality
- Recent stressors: illness, divorce, move, job change, death, finances
- Personal or family history of depression, anxiety or PMAD
- Lack of social support
- Complications in pregnancy or with breastfeeding
- Traumatic labor and delivery
- Fussy, colicky, ill or high need baby
- Reproductive losses: miscarriage, abortion, infertility
- Unplanned pregnancy
- Stressful relationship with significant other
- Mother of multiples
- Mother of infant(s) in NICU
- Women with thyroid imbalance
- High expectations of motherhood

Red Flags

Patient is...

- Having trouble bonding with baby
- Confused, unable to care for self
- Suspicious of staff, visitors, family
- Especially difficult to interact with
- Experiencing mood instability like excessive anxiety or worry, sadness, irritability
- Experiencing scary thoughts
- Responding to internal stimuli
- Very withdrawn or shows loss of interest in normal activities

What to Ask...

During Pregnancy

- Are you feeling like yourself?
- How is your sleeping/eating?
- Do you have the support you need?
- Are you taking any medications?
- Have you had times where you feel more worried or sad?
- Have you ever taken medications for depression/anxiety?
- Are you taking any vitamins, supplements or herbs?
- Have you had severe mood changes during your periods?

Postpartum

- How are you feeling about being a mom?
- Is there anything more you think I should know about?
- Do you have any particular concerns?
- Can you rest when your baby is resting?
- Can you rest when you want to rest?
- How is your appetite?
- Are you feeling like yourself emotionally?
- Do you have the energy to do the things you need to do?
- Are you feeling more irritable than usual?
- Are you having any scary or unusual thoughts?
- Do you have any thoughts like, "Life isn't worth living?"
- Do you ever wish to "fall asleep and not wake up?"

PMAD Resources

Websites

Pine Rest PMAD Resources | pinerest.org/hope
Pine Rest Mother and Baby | pinerest.org/moms
Postpartum Support International | www.postpartum.net
Postpartum Progress Blog | www.postpartumprogress.com

Books

Beyond the Blues: Understanding & Treating Prenatal and Postpartum Anxiety, Shoshana Bennett & Pec Indman
Dropping the Baby & Other Scary Thoughts, Karen Kleiman
Medications and Mother's Milk 2017, Thomas Hale & Hillary Rowe
The Postpartum Husband, Karen Kleiman
Therapy & the Postpartum Woman, Karen Kleiman

Pine Rest Services for PMAD

Pine Rest offers a full continuum of behavioral health services for people with PMAD. We participate with most health insurance plans. Our staff is happy to assist you or your patient with questions about coverage and payment.

Outpatient & Telehealth Services. Our dedicated staff includes many professionals with advanced training in PMAD treatment. Special attention is given to the unique needs of parents in this time of life.

- We have many conveniently located outpatient clinics, all with comfortable environments and accommodations for both women and men with PMAD.
- Through our Telehealth Services, we can provide services through a secure, online video connection which helps parents with the challenges childcare arrangements, nap time and travel can create.

Referrals are best made by phone. Referrals can also be made through Great Lakes Health Connect.

Outpatient Services Referrals

Fax: 877.242.6963

Phone: 866.852.4001

Day Program. Our Mother and Baby Program provides a unique opportunity for pregnant and postpartum women to receive treatment in an environment enhancing mother-baby bonding. This partial hospitalization program includes a nursery and staff, so infants can accompany mom to daily treatment. For additional program information visit, pinerest.org/moms.

Hospitalization. For men and women with severe symptoms, PMAD-sensitive treatment is available on our inpatient units. Staff includes nurses trained as lactation consultants, and social workers and physicians with advanced training in PMAD.

Inpatient & Day Program Referrals

616.455.9200 or 800.678.5500

Pregnancy & Postpartum HOPEline. Have questions or concerns about symptoms, resources or treatment? Call one of our toll-free and confidential HOPElines. All are welcome. Calls are returned within one business day.

HOPEline in Michigan

844.MOM.HOPE (844.666.4673)

HOPEline in Iowa

844.PMD.HOPE (844.763.4673)

Community Partners Resources Online

Do you need help, outpatient referral forms, the Mother and Baby Consent to Contact form or release of information forms? Visit our Community Partners Guide online.

Community Partners Guide

pinerest.org/partners

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Services

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