



support DELIVERED

Mental Health Resources for Expecting + New Parents

Being pregnant and caring for a baby is an exciting time.

It can also be stressful and challenging.

What are PMADs?

Perinatal Mood and Anxiety Disorders (PMADs) are a group of symptoms that can occur during pregnancy and through the first year postpartum like:

- » Feeling exhausted but unable to sleep,
- » Feeling stressed, overwhelmed, or unable to cope,
- » Having distressing or unwanted thoughts
- » Feeling angry or irritable.

They can cause emotional and physical concerns that make it hard to enjoy life and function well.

PMADs are the leading complication of childbirth.

PMADs are common and treatable.

Mood and anxiety symptoms during pregnancy and through the first year postpartum happen in parents of every culture, age, income level, and ethnicity. Lots of people need help and support. There are programs to help.

What increases a person's risk?

As many as 25% of pregnant or postpartum people have PMADs. Some people are at higher risk for PMADs because of life experiences, genetics, and brain biochemistry. The stress that can come from poverty increases a person's risk of having symptoms. The history of structural racism in America increases the chance of PMADs for members of the Black, Indigenous, People of Color (BIPOC) community.

Where to get help

If you or someone you know is thinking about suicide or is in crisis, dial 988 for the Suicide and Crisis Lifeline or text VT to 741741 for the Crisis Text Line to reach a trained counselor 24/7. Call or text 1-833-TLC-MAMA (1-833-852-6262) to reach the National Maternal Mental Health Hotline. If you are concerned about your or a loved one's safety or need emergency medical services, call 911 or go to the closest emergency room.



Help Me Grow: get help finding mental health providers and other services. Call 2-1-1 option 6, text HMGVT to 898211, or email info@helpmegrowvt.org.



Postpartum Support International (PSI)

Vermont: access support, information and encouragement by telephone or text, peer mentors, and online support groups at www.postpartum.net.

Designated Mental Health Agencies: connect with a professional who is trained to provide support to parents, children, and families. Many agencies have support groups for coping with pregnancy and caring for a new baby. Find more information at www.mentalhealth.vermont.gov.

For more information, visit
SupportDeliveredVT.com



The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMPP), a 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.

