

Overview

What is a pregnancy-related mood disorder? Pregnancy-related mood disorders include anxiety, obsessive-compulsive disorder (OCD), depression, post-traumatic stress disorder (PTSD), and psychosis.

When do they happen? Mood disorders can occur any time during pregnancy up through your baby's first birthday. They can also happen after a miscarriage, pregnancy loss, or even after adopting a baby.

Who is affected? Pregnancy-related mood disorders most frequently affect women, but can also affect fathers, partners and other close family members.

National Resources

Postpartum Support International (PSI)

1.800.944.4PPD (4773)

www.postpartum.net

Postpartum Support International (PSI) is dedicated to helping women with mood and anxiety disorders before and after child birth. The website offers an online post-child birth depression support group, comment board, chat rooms, and newsletters. You can join free weekly telephone-based support groups led by an expert.

You can also find local coordinators who can give you support and resources in your area.

Spanish website available: At top of home page, select Español.

Postpartum Progress®

www.postpartumprogress.com

Postpartum Progress offers detailed information and a comforting online community for pregnant and new moms suffering from mood disorders before or after child birth. The site has a daily blog for women to share their experiences. The website and blog postings are reviewed by experts to make sure they are correct, relevant and appropriate for users.

National Suicide Prevention Lifeline

1.800.273.TALK (8255)

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline operates 24/7 and connects you with a trained counselor at a crisis center in your area. The website hosts the Lifeline Crisis Chat, allowing you to receive online emotional support and crisis intervention.

Helpguide.org

www.helpguide.org/mental/postpartum_depression.htm

Helpguide.org provides information on depression before or after childbirth, including signs and symptoms, and self-help tips. You can learn how depression can affect the relationship between mother and child, and how the child grows and matures. The website includes a video on creating a bond between mother and child. The video is offered in Spanish and English.

Colorado Resources (Statewide and Denver Metro)

LinkingCare.org

www.linkingcare.org

LinkingCare.org is an online resource that can help you find help for drug and mental health issues. You can do a depression screening on the website and receive a report card with your score that can be shared with your doctor to talk about how you are feeling.

1-800-CHILDREN

1.800.CHILDREN (244.5373)

www.preventchildabusecolorado.org/find-help.html

1-800-CHILDREN is a parenting support line hosted by Prevent Child Abuse Colorado. You can receive information about parenting, as well as someone to talk to if you are needing support. The line is open 10 a.m. to 10 p.m. every day.

Spanish line available: 1-866-Las-Familias (527-3264).

Fussy Baby Network Colorado

1.877.6.CRYCARE (627.9227)

www.fussybabynetworkcolorado.org

The Fussy Baby Network Colorado helps new parents dealing with a fussy baby. The Fussy Baby Warmline provides help over the phone for parents, grandparents and caregivers that have questions about their baby's fussiness. When calling, you will be asked to leave a message and the Fussy Baby team will call you back. In-person help is also available at The Children's Hospital Colorado.

Metro Crisis Line

1.888.885.1222 (available 24/7)

www.metrocrisisservices.org

Metro Crisis Line provides 24-hour free, private help and support for people struggling with a mental or emotional issue. All calls are answered by an expert trained in mental health and drug use problems. Metro Crisis Line staff can help you problem solve, find local help and provide extra support during a time of need. Staff call back to make sure you are connected to care. Local resources are listed on the website.

Translation Line available for non-English speakers.

Healthy Expectations Perinatal Mental Health Program (Denver Metro)

303.864.5252

www.thechildrenshospital.org/healthyexpectations

The Healthy Expectations Program is at The Children's Hospital Colorado and helps women with mood and anxiety disorders before or after child birth. The program offers a free weekly mom-to-mom support group. The program can also help with counseling, group therapy, and combined therapy sessions with your infant. These services require private insurance or Denver Health Medicaid.