

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

1.800.944.4PPD (4773)

www.postpartum.net/Friends-and-Family.aspx

Postpartum Support International (PSI) helps women who have depression before or after the birth of their child. PSI helps friends and family with information and tips, resources for fathers, and free monthly telephone-based support groups for men led by an expert.

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

Becoming Dad

www.becomingdad.com.au

Becoming Dad is an online resource that educates and helps you before and after the birth of your baby. You can read blogs with stories and meet other dads through a Dads Only Facebook group.

Mantherapy

www.mantherapy.org

Mantherapy is for men who are depressed or use drugs or alcohol. The website has a library of stories from other men who struggled with depression, a quiz to test yourself for depression, links to hotlines and information about support resources.

Postpartum Men

<http://www.postpartummen.com>

The website has information if you are concerned about being upset or depressed after the birth of your child. You can take a quiz about your depressive symptoms and talk with other dads online in a group chat.

Information available in Spanish.