

# *Mental Health Resources*

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# *What Will I Learn Today?*

**01**

## *Background*

You will learn how your mental health can change during pregnancy

**03**

## *Self Care*

You will be able to take care of yourself through self care

**02**

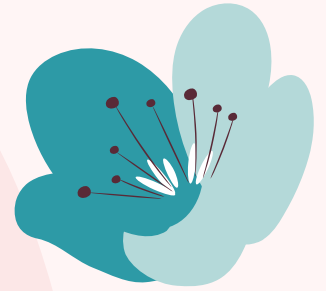
## *Warning Signs*

You will be able to understand what to look for

**04**

## *Resources*

You will know who to go to and what to do



# *Background*

What is Maternal Mental Health?

Perinatal is a time period during and after pregnancy



# *Perinatal Mood and Anxiety Disorders*

- Baby Blues
- Perinatal Depression
- Perinatal General Anxiety
- Perinatal Obsessive Compulsive Disorder (OCD)
- Birth-Related Post Traumatic Stress Disorder
- Maternal Dysthymia
- Postpartum Psychosis





“I think people need to talk about [postpartum depression] more because it’s part of the pregnancy. I remember one day, I couldn’t find Olympia’s bottle and I got so upset I started crying; I wanted to be perfect for her.”

—Serena Williams



# Factors to Consider



## Symptoms

depression/anxiety. OCD, birth related PTSD, psychosis, dysthymia



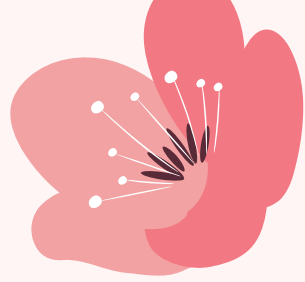
## Causes

depression/anxiety. OCD, birth related PTSD, psychosis, dysthymia



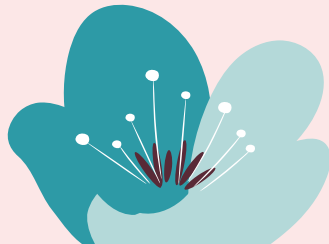
## How to Prevent

depression/anxiety. OCD, birth related PTSD, psychosis, dysthymia



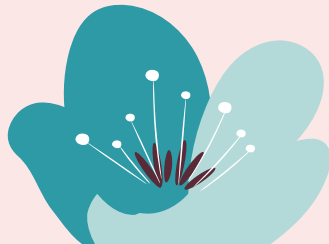
# *Symptoms*

- Fear of being with baby alone
- Hypervigilance in protecting the baby
- Feeling distant from child
- Thinking about hurting your baby
- Doubting your ability to care for the baby
- Losing appetite/lacking energy
- Feeling sad, empty, and hopeless
- Hallucinations and delusions
- Feeling very confused
- Panic attacks
- Flashback/Nightmares
- Excessive worrying

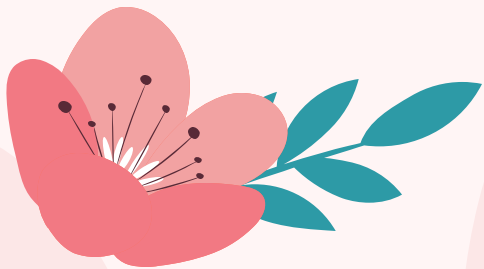


# Causes

- Change in hormones during pregnancy and after birth
- Stressful events (ex: trouble breastfeeding)
- Lack of sleep
- Traumatic birth or pregnancy
- Feelings of powerlessness, poor communication, or lack of support during delivery
- Health condition from pregnancy/delivery (ex: preeclampsia)
- Genetics
- Past history of mental health conditions







*Video*

*Presentation*

In Her Words





# *Exercise*

5,4,3,2,1



# Strategy

## Signs

Know the signs of a mental health issue

## Chores/Errands

Cut down on your chores and errands

## Positive Talk

Engage in Positive Self-Talk

**01**

**02**

**03**

**04**

**05**

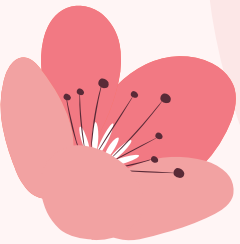
## Self-Care

Invest in Self Care

## Social Media

Reduce your social media use





# Any Questions, Comments, or Concerns

Would anyone like to share their experiences?





# *Thanks*

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