

Perinatal Mental Health : A Gentle Introduction

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Perinatal Mental Health :

Entire time frame from pregnancy through first year after giving birth. (PSI, 2017)

Baby Blues Vs. Perinatal Mood and Anxiety Disorders :

Baby Blues - **80% of moms will experience** “The Baby Blues.” (PSI, 2017, COPE)

Onset within the first week after giving birth and may persist up to 3 weeks.

Postpartum Mood and Anxiety Disorders -

15-20% moms will experience postpartum depression and/or anxiety

10% moms will experience will experience postpartum obsessive-compulsiveness

The is not available data for postpartum traumatic stress

1 and 2 women out of 1000 moms will experience postpartum psychosis

1 in 10 dads will experience postpartum depression.

Experiencing symptoms lasting longer than 3 weeks and appear to be escalating in their nature, administer the self screen, consult with your Village of Support : Your provider, ME, PSI, PPSM and/or Postpartum Men.

Other:

PMADs is the #1 complication related to childbearing (PSI, 2017)

Perinatal Mood and Anxiety Disorders :

Pregnancy (Antepartum) & Postpartum Depression : Feelings of anger, sadness, irritability, guilt, lack of interest in baby, changes in eating and sleeping habits, trouble

concentrating, thoughts of hopelessness, and sometimes even thoughts of harming the baby or oneself.

Pregnancy (Antepartum) & Postpartum Anxiety : May experience extreme worries and fears, often over the health and safety of the baby. May experience panic attacks and might feel shortness of breath, chest pain, dizziness, a feeling of losing control, and numbness and tingling.

Postpartum Obsessive-Compulsive Disorder : May have repetitive, upsetting and unwanted thoughts or mental images (obsessions), and sometimes they need to do certain things over and over (compulsions) to reduce anxiety caused by those thoughts. Although very scary to experience, these moms are unlikely to ever act on them.

Postpartum Post-Traumatic Stress Disorder : Is often caused by traumatic or frightening childbirth, and symptoms may include flashbacks of the trauma, feelings of anxiety, and the need to avoid things related to that event.

Postpartum Psychosis : May see and hear voices or images that others can't, called hallucinations. They may believe things that aren't true and distrust those around them. They may also have periods of confusion and memory loss, and seem manic. This severe condition is dangerous so it is important to seek help immediately.

Paternal Postnatal Depression : May experience increased anger and conflict with others, increased use of alcohol or other drugs, violent behavior, loss of interest in work, hobbies, and sex. Feelings of frustration, irritability, and fatigue. Isolation from friends and family. Physical symptoms such as headache, digestion problems or pain, and weight loss.

Partnership “Nuggets” : Grow together through the differences instead of apart.

“69% of conflict and/or arguments are unresolvable. Shoot for Understanding; reduces anxiety and increases empathy.” ~ Gottman, BeComing US Training

“92% of couples report increase difference and disagreements 1st year after baby.”
Gottman, Becoming US Training

“When a partner is understanding, 75% of women enjoy childcare & 85% find strong meaning and purpose in doing so.” Gottman, Elly Taylor - Becoming US Training

“Reports of feeling - blindsided or unprepared - permeate the stories of mostly moms and/or stay at home dads effecting their identity and self-esteem.” Elly Taylor -
Becoming Us Training

(PSI, 2017)

Your Village of Support & Resources :

Postpartum Support International : <http://www.postpartum.net/>

Postpartum Support Minnesota : <http://ppsupportmn.org/>

Postpartum Men : <http://postpartummen.com/>

Elly Taylor, Parenthood Pioneer, Becoming Us : <https://ellytaylor.com/>

<http://www.deborahmeggitt.com/>

<https://www.irisrepro.com/>

In An Emergency :

National Suicide Prevention Lifeline : 1-800-273-8255 (TALK)

MN Suicide Hotlines : <http://www.suicide.org/hotlines/minnesota-suicide-hotlines.html>

Bit’s and Pieces of Fun for you and Your Partner!

The Gottman Institute : <https://www.gottman.com>

- The Marriage Minute
- Gottman Card Decks APP for couples : Strengthen your Relationship

*All information derived from PSI, PPSM, Postpartum Dad, Elly Taylor, and The Gottman Institute (2017).