

# MENTAL HEALTH & COUNSELING

**Postpartum mental health issues are relatively common. Studies show that 20–30% of new mothers may experience some form of mental health problem within the first year postpartum. Early identification and intervention are crucial to ensure the well-being of both the mother and the child. The best way to address this is through postpartum mental health therapy and counseling.**



## COMMON ISSUES

- Postpartum Depression (PPD)
  - Persistent sadness
  - Lack of interest in activities
  - Fatigue
  - Changes in sleep and appetite
  - Hopelessness
- Postpartum Anxiety (PPA)
  - Excessive worry or fear
  - Heart palpitations, dizziness, shortness of breath, or sweating
  - Difficulty concentrating
  - Irritability
- Postpartum Obsessive-Compulsive Disorder (PPOCD)
  - Intrusive thoughts or impulses
  - Compulsive or repetitive behaviors
  - Anxiety, depression, guilt or shame
- Post-Traumatic Stress Disorder (PTSD)
  - Occurs after a traumatic birth experience
  - Flashbacks and nightmares
  - Severe anxiety
  - Fears and triggers
- Adjustment Disorders
  - Difficulty adjusting to the new role of motherhood.
- Body Image Issues
  - Concerns about physical changes after childbirth
  - Low self-esteem
  - Risk for nutritional deficits
- Relationship Strain
  - Changes and stress in personal or professional relationships
  - Difficulty communicating with loved ones



# GOALS OF POSTPARTUM MENTAL HEALTH THERAPY AND COUNSELING

- *Emotional Support:* A safe space for new mothers to express their feelings, experiences, and navigate the intense emotions that can accompany the postpartum period.
- *Mental Health Management:* Address postpartum depression, anxiety, and other mood disorders that can occur after childbirth.
- *Adjustment Assistance:* Assist with the transition to the new demands that come with motherhood.
- *Coping Strategies:* Provide tools and resources to manage feelings of stress, fatigue, and the demands of caring for a newborn.
- *Relationship Support:* Strengthen bonds with family, friends, and support network.
- *Promoting Well-Being:* Help mothers grow and adapt to their new role, identity, relationships, and daily routines.



## BENEFITS

- Improved Mental Health
- Better Coping Skills
- Enhanced Relationships
- Increased Confidence
- Support and Validation
- Personal Growth

Seek immediate assistance if you are experiencing persistent intrusive thoughts of harming yourself or anyone else.

POSTPARTUM SUPPORT INTERNATIONAL (PSI)  
CALL OR TEXT "HELP" TO (800) 944-4773

SAMHSA'S NATIONAL HELPLINE  
(800) 622 - HELP (4357)

## FINDING CARE

- Counseling Centers
- Mental Health Clinics
- Online Therapy
- Local community support groups
- Online Forums

