

Treatment for PMADs is Effective

If you believe you are suffering from a Perinatal Mood or Anxiety Disorder, the first step is to talk to your doctor or mental health provider.

You should be evaluated by your doctor to rule out a medical cause that can contribute to depression or anxiety.

Psychotherapy, medication or a combination of the two may be needed to get you back to feeling like yourself. You must continue treatment even after you begin to feel better, because discontinuing treatment too soon can cause symptoms to recur.

The support of family and friends is also instrumental to your recovery. Joining a support group for postpartum disorders can help overcome feelings of isolation, increase coping skills and provide social support.

Getting help is the most important step you can take for yourself and your baby. Untreated maternal depression is associated with developmental delays in babies, as well as potentially serious psychological consequences for you and your growing child.



MT. DIABLO PERINATAL PSYCHOTHERAPY ASSOCIATES

This brochure is provided to your health professional by **Mt. Diablo Perinatal Psychotherapy Associates**. We are a collective of therapists who specialize in treating mothers with PMADs. We offer the following services:

- Individual, couple and family therapy
- Infant/Parent Psychotherapy
- Postpartum support groups
- Consultation for health care providers

Kimberly Kerlin, LMFT
510.459.9246
www.kimberlykerlin.com



Meri Levy, LMFT
925.385.8848
www.merilevy.com

Emily Margalit, LMFT
925.876.4638
www.emilymargalitmft.com



925.298.2070

Offices in Lafayette and Walnut Creek
info@mtdiabloperinatal.com
www.mtdiabloperinatal.com

When Being a Mom Isn't What You Expected



What if being a mom isn't what you expected? About 10-20% of new moms experience a perinatal mood or anxiety disorder (PMAD), which can begin any time during pregnancy or the first year after childbirth. PMADs are treatable illnesses that can cause feelings of sadness, guilt, indifference, anxiety, and/or intrusive thoughts. It might feel like having a baby is too hard, or you wonder if you're a bad mom -- but it is in fact an illness that will get better with help.

PMADs include Postpartum Depression, Anxiety, Obsessive Compulsive Disorder, Post-traumatic Stress Disorder, or Postpartum Psychosis. This brochure will provide information about these illnesses and how to get help.

Postpartum Depression (PPD)

PPD is different from the "baby blues." A majority of new mothers experience the "baby blues," a period of sadness that isn't debilitating and passes quickly. Symptoms of the "baby blues" include tearfulness, irritability, restlessness, and anxiety. But when symptoms of sadness, irritability or anxiety continue for more than two weeks or make it difficult to care for your baby, there is