

# PERINATAL MENTAL HEALTH SUMMARY

DISORDER	ONSET	SYMPTOMS	TREATMENT
Baby Blues Normal 80%	Within first week Postpartum	Crying, insecurity, labile mood, irritable, anxious	Resolves in 2-3 weeks support/reassurance
Depression/Anxiety 15-23%	Prenatal Anytime during 1st yr. Postpartum	Irritability, unable to cope, doesn't feel like normal self, hopeless, sleep and appetite changes, guilt, racing thoughts anhedonia	R/O thyroiditis, Psychotherapy SSRI's, NSRI's (r/o bipolar) May need sleep meds Support group for PPD
Panic 10%	Pregnancy Anytime in first year	Episodes of panic, often no trigger, shortness of breath Chest tightness, anxiety, feels loss of control	Psychotherapy, SSRI's, anxiolytics prn
OCD 3-5%	Pregnancy Anytime in first year	Repetitive, intrusive thoughts, thoughts may be about harming baby (ego alien). Obsessive cleaning, counting or checking	Psychotherapy, SSRI's (may require higher dose)
Bipolar Disorder	May preexist, frequent relapse in pregnancy, postpartum or as postpartum psychosis	Depression, mania or hypo- mania, severe mood swings	Mood stabilizers, caution with antidepressants
Postpartum Psychosis	Usually within 1-4 wks postpartum	Confusion, suspiciousness, hallucinations, delusions, mania, symptoms may wax and wane, suicide and infanticide risk.	Hospitalization antipsychotics, often mood stabilizers

## RESOURCES:

**University of Illinois at Chicago Perinatal Mental Health Consultation Line 1-800-573-6121 (free provider consultation)**

**Postpartum Support International, [www.postpartum.net](http://www.postpartum.net), 1-888-4PPD (Warm Line)**

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# PERINATAL DEPRESSION PROVIDER RESOURCES

## Websites: Online Training Courses and Material

[www.step-ppd.com](http://www.step-ppd.com)

Support and Training to Enhance Primary Care for Postpartum Depression (STEP-PPD) provides information and resources to help providers better understand the symptoms of PPD. Its goal is to provide education, resources, and support to primary care providers for improved management of PPD in primary care settings.

[www.healthynewmoms.org](http://www.healthynewmoms.org)

This campaign website has information for providers, women and the general public on perinatal depression. Topics include symptoms, treatment, how to get help and screening information. Free resources available on-line. Spanish and Korean. modules for professionals.

[http://nihcm.org/page/webinar\\_maternal\\_depression](http://nihcm.org/page/webinar_maternal_depression)

National Institute for Health Care Management Foundation website offers a web-based seminar: Identifying and Treating Maternal Depression: Strategies & Considerations for Health Plans.

[www.womensmentalhealth.org](http://www.womensmentalhealth.org)

An informative website by Harvard specialists in women’s reproductive mental health.

[www.postpartumdads.org](http://www.postpartumdads.org)

Support for Dads

[www.MedEdPPD.org](http://www.MedEdPPD.org)

Informative, educational website for Consumers and Professionals. Training .

### Help lines:

**Postpartum Support International (PSI):**

**PSI Postpartum Depression Helpline:**

1-800-944-4PPD (773) English and Spanish. Information, telephone support and international directory of members, free “chat with the experts”.

[www.postpartum.net](http://www.postpartum.net)

**UIC Perinatal Mental**

**Health Project:**

1-800-573-6121  
Free consultation about perinatal use of medications

**Postpartum Depression Phone Support:**

1-800-773-6667 (1-800-PPD-MOMS). This helpline is available 24 hours a day, 7 days a week for anyone experiencing depression during and after pregnancy, as well as for anyone concerned about a new mother. The telephones are answered by trained crisis counselors who can provide information and referral for treatment.

**California Teratogen**

**Information Service**

**(CTIS):** 1-800-532-3749  
Free consultation about perinatal use of medications

### Screening Options for Perinatal Depression:

**Patient Health Questionnaire (PHQ-9)**

<http://www.depression-primarycare.org/clinicians/toolkit/s/materials/forms/phq9/>

**Edinburgh Postnatal Depression Scale (EPDS)**

[http://health.utah.gov/rhp/pdf/E\\_PDS.pdf](http://health.utah.gov/rhp/pdf/E_PDS.pdf)  
Center for Epidemiological Studies-Depression (CES-D) Scale

**Beck’s Postpartum Depression Predictors Inventory (PDPI)**

Available for purchase at:  
<http://harcourtassessment.com>

**Postpartum Depression Screening Scale (PDSS)**

Available for purchase at:  
[www.wpspublish.com](http://www.wpspublish.com)

### Books:

Beyond The Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression by S. Bennett and P. Indman, 2006. Available in Spanish.

[www.beyondtheblues.com](http://www.beyondtheblues.com)