

Pregnancy: **Mood Disorders, Anxiety and Depression**

1 in 5 women

will experience a mood or anxiety disorder during pregnancy or after giving birth

Depression and

Perinatal mood disorders

anxiety are just as common during pregnancy as in the postpartum

are treatable, yet more than half of those who experience them suffer in silence and don't get help

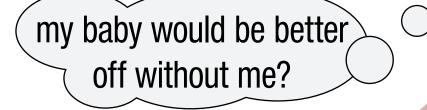
Learn more about **Perinatal Depression**



Perinatal mood and anxiety disorders complication of childbirth

drop my baby?





Thoughts like these feel scary, yet can be common for moms struggling with anxiety or depression

Learn more about **Perinatal Anxiety**



Postpartum psychosis is a life-threatening emergency

It's important to know the signs.

Symptoms can include:



- hallucinations
- delusions
- paranoia
- sleeplessness
- rapid mood swings



Is rare. Women who have a history of bipolar disorder are at much higher risk.

Can be life-threatening for both mom and baby.

Learn more about **Perinatal Psychosis**



If a new mom is showing any of these signs, call the 866-364-MOMS Line today!