

## Help is Near

- For emergencies, call 911
- network180 (Community Mental Health) (800) 749-7720 for referral and counseling services for all women regardless of insurance coverage.
- Spectrum Health Postpartum Emotional Support Program  
[www.spectrum-health.org/postpartumdepression](http://www.spectrum-health.org/postpartumdepression)  
(616) 391-1771 or (616) 391-5000  
Support Groups, Nurse phoneline and Referrals
- Moms Bloom  
[www.momsbloom.org](http://www.momsbloom.org) (616) 828-1021  
Support Groups, In-Home Services
- Postpartum Support International  
[www.postpartum.net](http://www.postpartum.net) (805)-967-7636
- Fathers' Support  
[www.postpartumDADS.org](http://www.postpartumDADS.org)  
[www.postpartummen.com](http://www.postpartummen.com)  
[www.postpartumdadsproject.org](http://www.postpartumdadsproject.org)
- Interactive Support Group  
[www.ppdsupportpage.com](http://www.ppdsupportpage.com)
- MedEdPPD web resources  
[www.mededppd.org](http://www.mededppd.org)
- Support for couples  
[www.AnIntimateMarriage.com](http://www.AnIntimateMarriage.com)

## Coalition Agencies:

Arbor Circle  
Cherry Street Health Services  
Forest View Hospital  
Grand Rapids Community College  
Kent County Health Department  
Life. After. Baby.  
Life Guidance Services  
Mental Health Foundation of West MI  
Metro Health Hospital  
Michigan Inter-Tribal Council Healthy Start  
MomsBloom  
Pine Rest Christian Mental Health Services  
Priority Health  
Rivertown Counseling  
Saint Mary's Health Care  
Salvation Army Booth Clinic  
Spectrum Health Hospital  
Strong Beginnings

A Speakers Bureau is available for topics related to Perinatal Mood Disorders.  
Call 616-391-5000 for more information.



## Mood Changes During and After Pregnancy

Healthy Kent  
Perinatal Mood Disorders Coalition



You are not alone  
You are not to blame  
Help is near



## Mood Changes

For many mothers, pregnancy and the time after birth often includes mood changes such as anxiety, sadness, and feeling overwhelmed. These changes can be mild, moderate or severe. They can occur during pregnancy or within a year after the birth. Without treatment, symptoms may last a few weeks, months, or even years. If this sounds like you or someone you know, there are things you should know

You and those around you may be concerned by your feelings and behavior. It is important for you to let someone know how you are feeling. This can happen to any childbearing woman regardless of race, income, culture, age or education. Although it is not fully understood why this happens, **we do know exactly what to do to treat it.**

## What does this feel like?

- “I cry almost every day.”
- “Life feels out of control.”
- “I feel sad and have no interest in things I used to enjoy.”
- “I feel overwhelmed.”
- “I’m sleeping too much or too little.”
- “I’m not sure if I even want this baby.”
- “It feels like I’m never going to feel like myself again.”
- “I don’t see a way out. Everything looks hopeless.”
- “It feels like no one understands.”
- “Sometimes I have bizarre and frightening thoughts and feelings.”
- “It feels like I’m a bad mother.”
- “I blame myself for everything that goes wrong.”
- “I am often angry at the people around me.”
- “I have thoughts of harming myself or others.”
- “I’m having problems with eating.”

## Support Resources:

Our community is committed to helping pregnant women and new mothers.

Support is available in your community from:

- Your Healthcare Provider
- Counseling Services
- Community Support Groups
- Home Visiting Support Services
- Faith Communities
- Insurance Providers

Complimentary Perinatal Mood Disorders Resource Manuals are available for Kent County provider offices. Contents include information on screening, area resources, medication charts, recent literature/articles, PPD referral team listing, pamphlets, Spanish info, Michigan support groups, and tips for mothers and families. Call 391-5000 to order.



The Healthy Kent Perinatal Mood Disorders Coalition exists to improve the emotional health and well-being of pregnant and postpartum women and their families through education, outreach, advocacy and support.