

National Online Resources for Families...

- Postpartum Support International
www.postpartum.net
- On-line Support Groups for PPD
www.ppdsupportpage.com
- Postpartum Support for Fathers
www.postpartumdads.org

Recommended Reading...

- *This Isn't What I Expected: Overcoming Postpartum Depression.* Karen Klieman, MSW & Valerie Raskin, M.D.
- *The Postpartum Husband*
Karen Klieman, MSW
- *Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression.* Shoshana Bennett, Ph.D. & Pec Indman, Ed.D., MFT
- *Women's Moods: What every woman must know about hormones, the brain, and emotional health.* Deborah Sichel, M.D. & Jeanne Watson Driscoll, CNM
- *The Mother Dance*
Harriet Lerner, Ph.D.

"It was the toll-free hotline I called on a January day when I could barely speak a complete sentence, let alone take a shower. I will never forget the voice on the other end of the line. That day, I wouldn't have believed the three messages she had me write down...I am not alone...I am not to blame...It will get better...if she hadn't shared that she survived PPD 3 years earlier.

Three weeks later, in the emergency room, I again called the hotline and, this time, a support member actually came to the ER to educate me about what would happen in the hospital and assuage my fears about being there. It was her courage, which I borrowed, that kept me in the hospital when my every instinct was to run. Three days later, I was released, with a plan to take medical leave and recover.

The Postpartum Resource Center has been my lifeline throughout this illness and my recovery. This Mother's Day, my son, Alex, will celebrate me and I will celebrate my newfound truth: There is joy in motherhood."

Jen Stoll, mother of Alex, age 4 months and Evan, age 5 and grateful PPD survivor!



The Postpartum Resource Center
of Kansas

For help & information contact us at:

PRC
P.O. Box 8015
Prairie Village, KS 66208-0015
Email: meeeka@kansasppd.org
www.kansasppd.org

In Kansas City: **913.677.1300**
Toll-Free in KS and MO: **866.363.1300**

Nothing in this brochure is intended to replace professional medical assessment or intervention. Please see your own health care provider.

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The Postpartum
Resource Center
of Kansas

Helping families deal with the
challenges of adjusting to life
after the birth of a child

10% of women suffer from
a postpartum mood disorder.
You are not alone!

It is a medical problem.
You are not to blame!

You will get better.
We are living proof!

Who is at risk for developing a postpartum mood disorder?

We often expect that having a baby one of the happiest times in a woman's life. Yet at least 1 out of every 10 women will feel emotional symptoms after giving birth that are overwhelming, distressing, and difficult to manage without help.

If you have a personal or family history of mood disorders, if you experienced depression or anxiety during your pregnancy, have limited social support, are single, have experienced a recent loss or experienced other stressful circumstances around the time of the birth you are at high risk for PPD.

A Description of Postpartum Mood Problems...

Baby Blues: Affecting 60% to 80% of all mothers, it is characterized by frequent crying, anxiety or irritability, quick mood changes, and a sense of vulnerability. It usually occurs within the first 3 days and resolves itself within 2 to 3 weeks.

Postpartum Depression (PPD): Affecting 10% to 20% of all mothers, it is more debilitating than the blues and is characterized by hopelessness, intense feelings inadequacy, overwhelming guilt, anxiety, fatigue, crying, fear of being alone, over concern or under concern for the baby, and a lack of interest in other things. You may also have thoughts of harming yourself. Some physical symptoms include racing heart, headaches, and chronic fatigue. Unfortunately many women with PPD are least likely to ask for help due to shame and stigma associated with mental disorders. However, they respond well to a combination of medication, therapy, and the support of other mothers who are suffering. PPD can occur anytime during the first year after giving birth.

Postpartum Psychosis (PPP): Affecting less than 0.1% of all mothers, it is a very serious disorder that is characterized by extreme confusion, refusal to eat, hallucinations, rapid and confusing speech, and/or delusions. It occurs within the first two weeks following birth and **requires immediate medical attention!**

What You Can Do...

- Talk with your doctor immediately about your concerns
- Take frequent breaks from the baby and other responsibilities
- Ask for help from family and friends
- Avoid sugars and eat protein to keep your mood stable
- Cut back on extra activities and commitments
- Avoid rigid schedules and routines
- Give yourself permission to have negative thoughts and feelings
- Screen phone calls
- Confide in someone you trust
- Remember that it takes courage to ask for help—do it!

How We Can Help...

- If you have concerns and questions about how you are feeling and want to talk to someone, call our **toll-free confidential phone support line** Mon.-Fri. from 9:00 am to 7:00pm.
- We offer **Peer Support Groups** for mothers suffering from PPD. Please call 913.677.1300 for dates and times.
- We can provide **resources** for families seeking counseling and/or medical assistance.

For Professionals...

- For reasonable fees, we offer continuing education and training about PPD for professionals who interact with women and families in the child-bearing phase of life.

The PRC of Kansas

We are a non-profit (501-c-3) organization of mothers, professionals, and volunteers who have suffered the range of mood problems described in this brochure. We are committed to the belief that no woman should have to suffer alone. We believe that social support for mothers and their families suffering after the birth of a child is critical for getting better and moving toward recovery! We also believe that something as common as postpartum adjustment requires more education and awareness, as well as effective intervention, throughout our community.

Meeka Centimano, LMSW is the Founding Director of The Postpartum Resource Center of Kansas. Meeka went through postpartum depression after the birth of her daughter in 2000. During her recovery she began to realize there were few local resources available. Out of her experiences came the idea to have an organization devoted to supporting families with postpartum mood disorders, as well as educating others and raising awareness about prenatal and postpartum mood problems. Meeka has been a social worker for the past 9 years and now provides therapy to women with mood



disorders. She also educates and trains professionals who interact with pregnant and postpartum women. She is the Kansas State Coordinator for Postpartum Support International and is a member of the National Association of Social Workers and most of all—is a happy mother. ♡