



Perinatal mood and anxiety disorders (PMADs) refer to a variety of mental health conditions that can emerge during and after pregnancy, sometimes lasting until two years after a baby is born. While the symptoms of perinatal mood and anxiety disorders can be a common experience, they should not persist for more than a few weeks or interfere with daily functioning.

This is your sign to reach out for support – you don't have to do this

Don't wait to ask for help.

Pregnancy and childbirth-related mental health conditions don't discriminate. They can affect any new parent, regardless of background or circumstance.

Parenthood is a journey.

It's okay to ask for help along the way.

www.miottawa.org/ppd

1 in 5 moms and 1 in 10 dads will suffer from perinatal mood and anxiety disorders (PMADs), making it the most common complication of childbirth.

Mental health issues around pregnancy and childbirth can look like:

- Pulling away from friends and family
- Feeling overwhelmed, stressed, or anxious
- Big changes in your eating or sleeping
- Lots of crying or sadness
- Losing interest in things you used to enjoy
- Thoughts of harming yourself or the baby



Find The Support You Need



The National Maternal Mental Health Hotline

Mental health resources during and after pregnancy. Call or text, English or Spanish.

1-833-TLC-MAMA



Postpartum Support International (PSI)
Mental health information and resources for all, including men. Support and resources also available in Spanish.

Local Support



Help Me Grow Ottawa

Get connected to West Michigan home visiting programs and other Ottawa County area resources.



Moms Bloom

Provides in-home postpartum support to families with newborn babies.



Maternal Wellness Program

Offers pregnancy and postpartum support groups, as well as other resources including postpartum doulas, book recommendations, and more.



Headwaters Counseling Postpartum Support Group

Healing and support for moms in a therapeutic setting. Most insurances accepted or sliding scale fees. Call 616-259-5452 for more information.



Pine Rest

Provides treatment for PMAD at all levels of care—including the Mother Baby Partial Hospitalization Program, postpartum support groups, outpatient therapy, and more.

Individual Counseling

Connect with a pregnancy, prenatal, or postpartum therapist in your area.



Psychology Today



Mosaic Counseling

Additional Resources



Parent Toolkit

This guide offers information and exercises on mindfulness, managing stress, parenting, perinatal mental health, and more.



Ottawa County Community Mental Health CredibleMind

Resources for mental wellbeing.

