



Perinatal Support Group

Mercyhealth is facilitating a support group for pregnant women and new parents experiencing perinatal mood and/or anxiety disorders (PMAD). This group is open to the entire community and will provide a supportive environment for parents to discuss their concerns and build connections with others in a similar situation, as well as provide information on additional community resources.

One in seven mothers and one in ten fathers will experience depression or anxiety during pregnancy or postpartum. If you are experiencing symptoms of postpartum depression, contact your healthcare provider.

Signs and Symptoms:

- Changing sleep or appetite patterns
- Crying spells
- Feeling irritable, edgy, sad, overwhelmed or hopeless
- Losing interest in activities
- Feeling guilty or jealous toward baby
- Thinking of harming yourself or your baby
- Constant worry/racing thoughts

Risk Factors of developing PMAD:

- History of anxiety and/or depression
- Family history of PMAD
- Lack of support
- Anxiety about pregnancy
- Stressful life events
- Substance use

Why get help?

- To improve mood and energy level
- To be better able to meet your child's needs
- To improve bonding with your child

For more information about the support group, please call Mercyhealth outpatient social work department at **(815) 971-7979**.

