

# BY THE NUMBERS

How pregnancy and childbirth affect the moods of mothers

Approximately  
**22%** of *all women* experience major or minor depressive symptoms following **childbirth**

\* (Wisner KL, Sit DKY, McShea MC, et al. JAMA Psychiatry. 2013.)

A *mother's* mood and anxiety symptoms may also have a **direct impact** on her partner, with research suggesting that

Approximately  
**10%**

of new **FATHERS** develop depression, mood or anxiety problems as well

\* (Paulson JF, Bazemore SD. JAMA. 2010.)

Approximately  
**15-21%**

of *pregnant women* will experience **moderate to severe**

symptoms of

**DEPRESSION** or **ANXIETY**

\* (Postpartum Support International website. www.postpartum.net. 2014.)

## Symptoms

of postpartum mood disorders are different for everyone, but may include:

**FEAR**

**anger**

**lack of interest in baby**

*guilt*

**loss of appetite**

*numbness*

**difficulty concentrating**

*sleep*

*disturbance*

**SADNESS**

*self-discouragement*

**thoughts of harming oneself**

*thoughts of harming baby*

If you have experience with any of these conditions, we have **good news!**

*Postpartum* mood anxiety disorders have been identified in *women* of every...



# We can help.

Without appropriate intervention, poor *maternal* mental health can have a long-term adverse impact on the **mother, child and family.**



## Ask for support.

Seeking support from family members, other new mothers or women experiencing similar postpartum difficulties can help alleviate symptoms.

## Seek treatment.

Treatment and breastfeeding can go hand-in-hand. Available treatments include talk therapy/counseling and medications that are safe for both you and your baby.

## Act now.

Screening and early intervention can greatly improve symptoms.

## Resources

### Our Resources

#### Pennsylvania Counseling Services (PCS)

Harrisburg – Outpatient Therapy  
and Psychiatry Services

**Harrisburg PCS**  
4918 Locust Lane  
Harrisburg, PA 17109

**PCS 17<sup>th</sup> Street**  
548 S. 17<sup>th</sup> Street  
Harrisburg, PA 17104

To schedule an appointment  
at one of PCS's offices, call  
**(855) 272-1653**

or for more information, visit [pacounseling.com](http://pacounseling.com)

### Phone Resources

Harrisburg Crisis Intervention ..... 1-888-596-4447  
Women, Infants and Children (WIC)  
- Harrisburg ..... (717) 783-1289  
National Suicide Prevention Lifeline ..... 1-800-273-TALK  
Postpartum Support International ..... 1-800-944-4773  
Breastfeeding Support  
(Pinnacle Health Lactation Services) ..... (717) 782-5372  
Breastfeeding Resource Line  
(Hershey Medical Center) ..... (717) 531-3754

### Online Resources

Postpartum Support International ..... [www.postpartum.net](http://www.postpartum.net)  
Postpartum Progress ..... [www.postpartumprogress.org](http://www.postpartumprogress.org)  
Postpartum Depression Support Group (Online) ..... [www.ppdsupportpage.com](http://www.ppdsupportpage.com)  
La Leche League (Local) ..... [www.LaLecheLeague.org](http://www.LaLecheLeague.org)  
..... [www.LLlofeasternpa.org/web/HarrisburgPA.html](http://www.LLlofeasternpa.org/web/HarrisburgPA.html)

### Local Resources and Support Groups

#### Hike It Baby (Harrisburg)

Meet-up group for mothers wanting  
to get outside

[www.hikeitbaby.com](http://www.hikeitbaby.com)

OR

[www.facebook.com/groups/  
hikeitbabyharrisburg/](http://www.facebook.com/groups/hikeitbabyharrisburg/)

#### Postpartum Depression Support Group (Camp Hill)

Support group for women at any stage of their child's development  
Hosted on the first Monday of every month at **9:30 – 11:00 a.m.**

**Location:** Om Baby Center  
2201 Market Street - Rear  
Camp Hill, PA

(717) 761-4975 | [www.ombabycenter.com/postpartum-depression.html](http://www.ombabycenter.com/postpartum-depression.html)

#### Free Moms & Babies Support Group

Hershey Medical Center

#### Locations:

Most **Tuesdays** from  
**10:00 a.m. – 12:00 p.m.**  
at the Ronald McDonald House

Most **Thursdays** from  
**10:00 a.m. – 12:00 p.m.**  
at the University Fitness Center

**Ronald McDonald House**  
745 W. Governor Rd.  
Hershey, PA 17033

**University Fitness Center**  
500 University Dr. HS 97  
Hershey, PA 17033

To register or confirm  
meeting time, call  
**(717) 531-1298**