

WHAT IS PERINATAL DEPRESSION?

Depression or anxiety that occurs during or after pregnancy is called a perinatal mood disorder.

Pregnancy and caring for a new baby can be one of the most joyful and exciting times in a woman's life, but it's also hard work. It is natural for a woman to experience changes in her feelings and mood during pregnancy and after giving birth. However, if unpleasant feelings do not go away after a couple of weeks – or if they get worse – they could be signs of a perinatal mood disorder.

After the birth of the baby, many new mothers experience what is known as postpartum depression (PPD); others experience symptoms of anxiety and/or panic attacks. A mood disorder is a medical illness that can be effectively treated.

WHAT ARE THE SYMPTOMS?

You may experience several of the following symptoms, either during pregnancy or after childbirth. It is important to seek help if symptoms last longer than a few weeks, or if symptoms are severe or worrisome.

- Feeling sad
- Crying a lot
- Anxiety
- Trouble concentrating
- Trouble sleeping
- Feeling emotionally numb
- Lack of energy
- Not interested in things you used to enjoy
- Not interested in your baby
- Fear of hurting your baby or yourself
- Feeling worthless or guilty
- Withdrawing from people
- Feeling Overwhelmed

HOW COMMON IS PERINATAL DEPRESSION

PPD occurs in at least 10% of births. It can happen after any birth, not just after the birth of the first child. It can be very difficult to recognize or admit feelings of depression or anxiety at a time when moms are supposed to be happy.

WHAT CAUSES DEPRESSION DURING PREGNANCY OR THE POSTPARTUM PERIOD?

Experts do not know what causes depression during pregnancy or the postpartum period. Research suggests that it is triggered by changes in hormones and that some women are sensitive to those changes. Stress and lack of social support may also contribute. Recent studies indicate that depression often runs in families. We do not fully understand why depression occurs in some women and not others, or why it occurs with some pregnancies and not others.

HOW IS PERINATAL DEPRESSION TREATED?

Help is available for depression during pregnancy or the postpartum period. Current treatments include antidepressants, estrogen therapy, psychotherapy or a combination of these methods.

OUR SERVICES

The UNC Center for Women's Mood Disorders is directed by David R. Rubinow, M.D., chair of the UNC Department of Psychiatry, and an internationally known expert in the evaluation and treatment of women with mood disorders that occur during periods of hormonal change. The disorders treated include premenstrual dysphoria, depression during and after pregnancy, and menopausal depression.

The Perinatal Depression Program is directed by Samantha Meltzer-Brody, M.D., M.P.H. and staffed by UNC faculty, Anna Brandon, Ph.D., Elizabeth Bullard, M.D., Susan Killenberg, M.D., Eliza Park, M.D., Chris Raines, N.P., and Sarah Volk, M.D.

- **Outpatient Program** - provides assessment, treatment, and ongoing support for women experiencing these serious health challenges.
 - > Medication management during pregnancy and lactation.
 - > Psychotherapy services including Interpersonal Psychotherapy, Mindfulness-Based Cognitive Therapy, and Partner-Assisted Therapy.
 - > Repetitive transcranial magnetic stimulation (rTMS).
- **Inpatient Unit**- offers state of the art care including comprehensive assessment and treatment, medication stabilization, and a vast range of individual and group therapies in a private, free-standing specialty inpatient care unit for the most severely ill patients. For referral to the Inpatient Program call (919) 966-8721.
- **Support Group** - the Postpartum Support Group is free of charge and open to the community. For details, please call 919-966-3115, or email Christena_raines@med.unc.edu.

By working with doctors, nurses, psychologists, and social workers in the community, we will help you create the best plan to manage your symptoms and get you on the road to a healthier and happier time with your new baby.

Please talk to your doctor about services available through the UNC Center for Women's Mood Disorders, or visit our Web site at www.womensmooddisorders.org.

To schedule an appointment, please call us at (919) 966-5217 or speak with your doctor about our services.

RESOURCES

UNC Center for
Women's Mood Disorders
(919) 966-9640
www.womensmooddisorders.org

NC Family Health Resource
(800) 367-2229
www.nchealthystart.org

Postpartum Support International
(800) 944-4PPD
www.postpartum.net

American College of Obstetricians and
Gynecologists (ACOG)
(800) 762-2264
www.acog.com

National Women's Health Information Center
(800) 994-9662
www.4woman.gov

Moms Supporting Moms
Raleigh Support Group
(919) 454-6946
www.momssupportingmoms.net

Postpartum Progress Blog
<http://www.postpartumprogress.com/weblog>



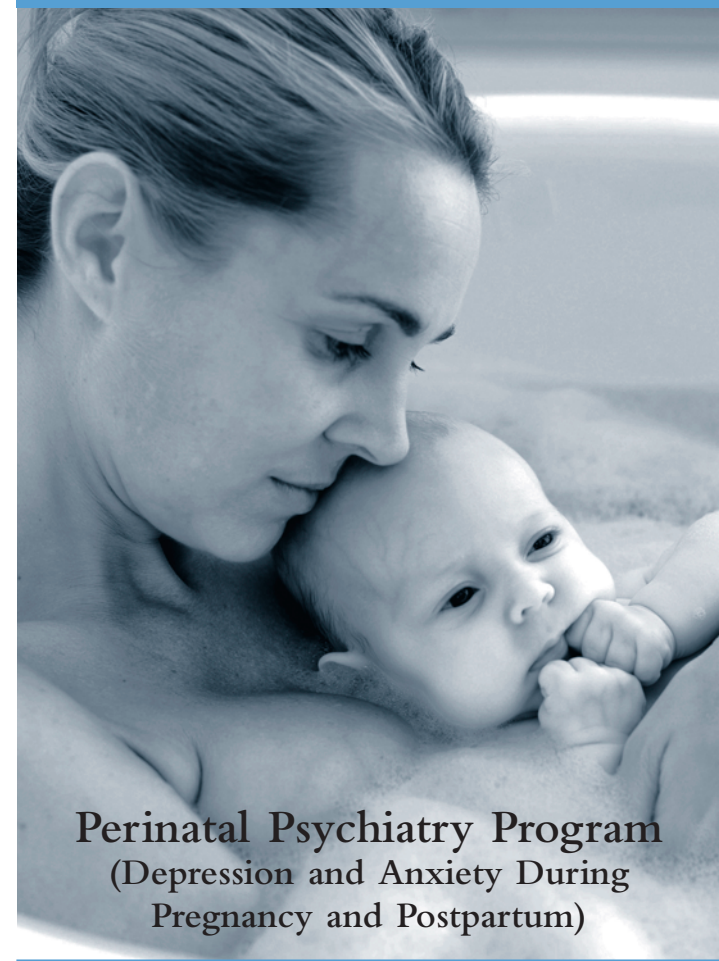
UNC Center for Women's Mood Disorders

Perinatal Psychiatry Program

101 Manning Drive
First Floor Neurosciences Hospital
Chapel Hill, NC 27514
(919) 966-5217
www.womensmooddisorders.org

Maps and driving directions to
UNC Neuroscience Hospital can be found at:
www.unchealthcare.org/site/maps

Or by calling: (919) 966-3464



Perinatal Psychiatry Program (Depression and Anxiety During Pregnancy and Postpartum)

UNC Center for Women's Mood Disorders



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