



Support for Perinatal Mood and Anxiety Disorders



Having a baby is a life-changing event. It is important to understand that mood swings and mild depression or anxiety are common in new moms. Do not be afraid to ask for help during your pregnancy and postpartum period and connect with other new moms.

If your symptoms do not resolve after a few weeks, or if they get worse, you may be experiencing depression and/or anxiety disorder. Remember that depression and anxiety disorders are not your fault. Please contact your health care provider if you experience any of these signs or symptoms:

- Sadness, depression, hopelessness
- Unwanted/scary intrusive thoughts, often starting with “what if”
- Appetite and sleep disturbances
- Feeling irritable, angry, or nervous
- Uncontrollable crying
- Lack of interest in your baby, family, or friends
- Poor concentration, confusion, or memory loss
- Feeling guilty, inadequate, or worthless
- Not enjoying life as much as in the past
- Feeling exhausted, sluggish, or fatigued
- Suffering from physical aches and pains, such as headaches, stomach problems, or muscle pain
- Over concern for your baby
- Having trouble bonding or forming an emotional attachment with your baby
- Thoughts of harming your baby or yourself
- Exaggerated mood swings

Resources

UPMC Women's Behavioral Health Specialists

150 Corporate Center Drive, Suite 202
Camp Hill, PA 17011

717-988-9430

1555 Highlands Drive, Suite 150
Lititz, PA 17543

717-988-9430

PinnacleHealth Psychological Associates (PHPA)

205 South Front Street, 5th Floor
Harrisburg, PA 17104

717-231-8360

24/7 on-call emergency coverage with a therapist is available.

PinnacleHealth Psychological Associates (PHPA)

1000 Bent Creek Blvd., Suite 10
Mechanicsburg, PA 17050

717-988-9460

24/7 on-call emergency coverage with a therapist is available.

PinnacleHealth Psychological Associates (PHPA)

2647 Carnegie Road
York, PA 17402

717-755-0921

24/7 on-call emergency coverage with a therapist is available.

HOPE Group

A postpartum adjustment support group led by maternal health nurses and a peer who has experienced perinatal mood and anxiety disorder. This group has virtual and in-person options. For more information, please call **717-988-9438**.

Maternal Wellness Program

Hosts free programming for new and expecting parents. Classes cover a wide range of topics providing education about the psychological and physical changes that occur in pregnancy and motherhood. For more information, please call **717-988-9438** or email maternalwellness@upmc.edu.

New Parents Network

An informal time of sharing for new moms and their babies, ages 0 to 18 months. This group meets virtually from 1 to 2 p.m. every Monday and in person on Thursdays at the Camp Hill Giant Community Center (3301 Trindle Road, Camp Hill, PA 17011). For more information, to receive links, or for group updates and reminders, please email parentchildducation@upmc.edu.

Postpartum Support International (PSI)

For local help, please call **1-800-944-4PPD (4773)** or visit [Postpartum.net/Get-Help.aspx](https://www.postpartum.net/Get-Help.aspx).

The National Maternal Mental Health Hotline

This hotline is available 24 hours a day, 7 days a week, 365 days a year, in English or Spanish and other languages by request. It is staffed by licensed perinatal mental health and health care providers, childbirth professionals, and certified peer specialists.

The hotline provides immediate access to support, understanding, brief intervention, and resources to all pregnant, postpartum, and post-loss individuals, their partners, and families. It is funded by the U.S. Health Resources and Services Administration (HRSA) and supported by Postpartum Support International.

Call or text the hotline at **1-833-943-5746** any time.

Crisis Intervention Services

Adams and York Counties: **717-851-5320** or **1-800-673-2496** (WellSpan)

Dauphin County: **717-232-7511**

Eastern Cumberland and Perry Counties: **717-763-2222**

Franklin and Fulton Counties: **717-264-2555** or **1-866-918-2555**

Lancaster County: **717-394-2631**

Lebanon County: **717-274-3363**

Western Cumberland and Perry Counties: **717-243-6005**



If you are having an emergency, please call 911 or go to the nearest emergency department.



To reach the Suicide and Crisis LifeLine, call 988 or text "HOME" to 741741.

UPMC
LIFE CHANGING MEDICINE