This is more than the **BABY BLUES**

PERINATAL MOOD AND ANXIETY DISORDERS





ANY PARENT CAN SUFFER FROM PERINATAL MOOD & ANXIETY DISORDERS



IT IS ESSENTIAL TO RECOGNIZE **SYMPTOMS & REACH OUT AS SOON AS** POSSIBLE SO THAT YOU CAN GET THE

YOU NEED & DESERVE



WHEN PMADs GO UNTREATED, THE IMPACTS CAN BE **PROFOUND**

SUICIDE IS A LEADING **CAUSE OF DEATH** FOR NEW MOMS



IF YOU OR YOUR LOVED ONE IS STRUGGLING, **SPEAK UP**

IT COULD SAVE A LIFE

IF YOU FEEL . . .

- Sad
- Guilty
- Hopeless
- Lonely
- Helpless
- Worthless
- Unable to make decisions
- Confused
- Anxious/tense
- Isolated
- Poor self-care
- Low self-esteem
- Mood swings Appetite changes Overwhelmed Excessive crying Tired/exhausted Extremely agitated

· Unable to laugh

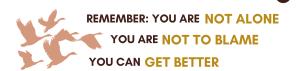
Full of doubts

Loss of confidence

- Strange visions*
- Scary fantasies*
- Thoughts of hurting yourself or your child*



*ITEMS IN **BOLD** REQUIRE IMMEDIATE ATTENTION. PLEASE SEEK OUT AN EMERGENCY PROVIDER





WHAT MAKES THIS GUIDE UNIQUE?

All providers listed are local to the Helena area and have been vetted for their expertise in the perinatal period. Many have additional training in perinatal mental health that helps them care more effectively for new parents.

SUPPORT NETWORKS

FINDING THE MOTHER IN ME SUPPORT GROUP

Katie Maslowski

406-457-8964 kmaslowski@lccountymt.gov

HOME VISITING PARTNERSHIP **Mary Pierce**

406-457-8976 mpierce@lccountymt.gov

DOULA & HOPE SPRINGS MATERNAL SUPPORT GROUP Sheri Walker

406-202-4310 aurorabirthsong@gmail.com | aurorabirthsong.com

BREASTFEEDING SUPPORT

LEWIS & CLARK PUBLIC HEALTH WIC PROGRAM

Peer Breastfeeding Counselor

406-457-8912 wic@lccountymt.gov Reserved for WIC clients

MENTAL HEALTH PROVIDERS

Aleece Berg, LCSW, LAC

406-431-2908 46northcounseling@gmail.com

Kristen Enblom, LCPC

406-465-9990 mrcounselingmt@gmail.com

Kristina Gillispie, LCSW

406-459-9584 kmgillispie8@gmail.com

Fatima Amelkin, LCSW*

Cristina Fowler, LCSW*

Jenna Moore, LCPC*

Pamela Ponich, LCPC*

MEDICAL PROVIDERS

TAKING CARE OF YOU PROGRAM, ST. PETER'S HEALTH

Kelsey Kyle & Stephanie Bauch, RN

406-495-6987 406-441-5107

takingcareofyou@sphealth.org

PSYCHIATRIC PROVIDERS

Bridgid Crowley, MD 406-457-4180

Jiff McAnally, DNP, APRN

406-431-1336

jiff.aprn@gmail.com | drjiff.com

Robert Caldwell, MD*

Dana Hillyer, PMHCNS, APRN*

RESIDENTIAL PROGRAMS

FLORENCE CRITTENTON

Kara Brockett

406-442-6950 karab@florencecrittenton.org | florencecrittenton.org

*Referral required

Providers are encouraged to make referrals through CONNECT.

OTHER RESOURCES

Visit the LIFTS Guide for more resources in the Helena area serving parents from pregnancy through age three.







POSTPARTUM.NET 406-430-9100

1-800-273-8255

