

This is more than the **BABY BLUES**

PERINATAL MOOD AND ANXIETY DISORDERS

PMADs are the #1 complication of pregnancy & new parenthood

PMADs occur during pregnancy through the first year

PMADs do not often resolve without support

ANY PARENT CAN SUFFER FROM PERINATAL MOOD & ANXIETY DISORDERS

WITH HELP, YOU CAN PREVENT A WORSENING OF SYMPTOMS & REACH RECOVERY

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

YOU NEED & DESERVE



WHEN PMADs GO UNTREATED, THE IMPACTS CAN BE PROFOUND

SUICIDE IS A LEADING CAUSE OF DEATH FOR NEW MOMS



- Preterm delivery
- Low birth weight
- Less breastfeeding
- Bonding challenges
- Developmental delays
- Behavior problems

IF YOU OR YOUR LOVED ONE IS STRUGGLING, SPEAK UP IT COULD SAVE A LIFE



IF YOU FEEL . . .

- Sad
- Unable to laugh
- Guilty
- Loss of confidence
- Hopeless
- Full of doubts
- Lonely
- Mood swings
- Helpless
- Appetite changes
- Worthless
- Overwhelmed
- Unable to make decisions
- Excessive crying
- Confused
- Tired/exhausted
- Anxious/tense
- Extremely agitated
- Isolated
- **Strange visions***
- Poor self-care
- **Scary fantasies***
- Low self-esteem
- **Thoughts of hurting yourself or your child***



& THESE SYMPTOMS HAVE LASTED MORE THAN 2 WEEKS, TALK TO YOUR DOCTOR, NURSE, OR MIDWIFE.

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

**REMEMBER: YOU ARE NOT ALONE
YOU ARE NOT TO BLAME
YOU CAN GET BETTER**



PARENTAL MENTAL HEALTH AND WELLBEING RESOURCES FOR NEW OR EXPECTANT FAMILIES

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

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*

BREASTFEEDING SUPPORT

LEWIS & CLARK PUBLIC HEALTH WIC PROGRAM
Peer Breastfeeding Counselor
406-457-8912
wic@lccountymt.gov
Reserved for WIC clients

RESIDENTIAL PROGRAMS

FLORENCE CRITTENTON
Kara Brockett
406-442-6950
karab@florencecrittenton.org | florencecrittenton.org

MENTAL HEALTH PROVIDERS

Alece 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*

*Referral required

Providers are encouraged to make referrals through CONNETT.

OTHER RESOURCES

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



NEED HELP NOW? →

VISIT ON THE WEB **POSTPARTUM.NET**
FOR MONTANA RESOURCES, CALL THE LIFTS WARMLINE
406-430-9100
SUICIDE PREVENTION LIFELINE
1-800-273-8255

