

You Are Not Alone!



Do you feel any of the following:

- Overwhelmed?
- Worried?
- Hopeless?
- Depressed?
- Like something's wrong with you or your life?
- Disconnected from everyone else, or as if you don't know who you are anymore?
- Like you may harm yourself or your baby?

Are you struggling with:

- Getting enough sleep? (Sleep when the baby sleeps.)
- Getting enough to eat?
- Anxiety?
- Insecurity?
- Guilt?
- Irritability?
- Anger?
- Sadness?
- Lack of enjoyment?
- Crying?
- Lack of control over your emotions?

**It is not your fault, and you are not alone.
Help is available. Talk to your doctor or nurse today!**

Source: Beck CT. Perinatal mood and anxiety disorders: research and implications for nursing care. *J Obstet Gynecol Neonatal Nurs.* 2021;50(4):e1-e46. doi:10.1016/j.jogn.2021.02.007



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Postpartum Mental Health

What are postpartum mental health disorders?

Mental health disorders related to childbirth are often unrecognized and therefore, go untreated—with potentially disastrous results for the birth parent, the infant, older children, and significant other. The potential for harm can include death.

There are many types of perinatal mental health disorders, including, for example:

- Postpartum obsessive-compulsive disorder
- Postpartum psychosis
- Postpartum depression

Why is identifying postpartum depression important?

- If perinatal mental health issues go undiagnosed, the birth parent often suffers in silence, exacerbating the feeling of isolation. Mood and anxiety disorders rob the birth parent of precious time with their infant, older children, and often negatively impact the relationship with the birth parent's significant other.
- Help is available! Treatments include, for example, antidepressants and psychotherapy.

How can you ensure patients feel safe to speak up about signs of postpartum mental health issues?

- Look for cues that your patient may be suffering from a perinatal mental health issue (e.g., body language, “red flag” language).
- Talk to your patient about their feelings, concerns, and fears.
- Offer support—help your patient feel seen and heard.
- Communicate the patient's concerns to the medical provider.

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