



Don't feel like yourself? There's help.

Life with a new baby in the home is a wonderful but challenging adjustment. It's important to face the challenge with a healthy body and mind. You might be surprised to learn that 1 in 5 women experience depression and/or anxiety while pregnant or following the birth of a baby. Often, the symptoms are disregarded as being related to other causes (fatigue, feeding issues, etc.). However, they may be an indication of postpartum depression or anxiety.

Support is available for you and your family. It's important to speak with your healthcare provider about how you're feeling physically as well as emotionally. Getting help may be the best thing you can do for yourself and your new baby. Contact your provider's office today. Visit wdhospital.com/womenandchildren for helpful resources.



WENTWORTH-DOUGLASS
HOSPITAL

WOMEN & CHILDREN'S CENTER

www.wdhospital.com/womenandchildren

Signs and symptoms of postpartum depression or anxiety

- Depressed mood or severe mood swings
- Feeling like something bad is going to happen
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Physical symptoms like dizziness, hot flashes and nausea
- Reduced interest and pleasure in activities you used to enjoy
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Constant worry or excessive crying
- Thoughts of harming yourself or your baby
- Racing thoughts
- Disturbance of sleep and appetite
- Inability to sit still
- Overwhelming fatigue or loss of energy
- Intense irritability and/or anger
- Fear that you're not a good mother
- Recurrent thoughts of death or suicide

Risk factors:

Prior depression or anxiety
Family history of depression or bipolar disorder
Family history of perinatal mental health issue
History of endocrine dysfunction (thyroid, diabetes)
Prior premenstrual dysphoric disorder (PMDD)
Depression or anxiety during pregnancy
Prior postpartum depression or psychosis
Previous pregnancy or infant loss

Substance use disorder
Financial Stress
Limited support system
Premature birth or birth experience was not what you expected
Major change in relationship status
Loss of a loved one or family illness
Job loss or recent move

There is help.

Support is available for you and your family. It's important to speak with your obstetrician or your primary care provider about how you're feeling physically as well as emotionally. Getting help may be the best thing you can do for yourself and your new baby. Contact your provider's office today.

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How can a partner help with maternal mental health?

When you know something is going on with your partner, you too can feel lost, helpless and maybe even angry and frustrated. Perinatal mood disorder is a real illness that affects one in five women and their families. It can occur even if there were no previous symptoms of anxiety or depression. This is not what you expected but with your continued support, it will get better. There is help.

What to look for (signs & symptoms):

- Depressed mood, severe mood swings
- Feeling like something bad is going to happen
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Physical symptoms like dizziness, hot flashes, nausea
- Reduced interest/pleasure in activities she used to enjoy
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Constant worry or excessive crying
- Thoughts of harming herself or your baby
- Racing thoughts
- Disturbance of sleep and appetite
- Inability to sit still
- Overwhelming fatigue or loss of energy
- Intense irritability and/or anger
- Fear that she is not a good mother
- Severe anxiety and panic attacks
- Recurrent thoughts of death or suicide

What you can do

- Encourage her to talk with a therapist, her healthcare provider or support people
- Talk with someone if you need to. Dads can suffer postpartum depression too.
- Let her know you think she's doing a great job
- Remember, supporting your partner is a 24/7 endeavor
- Understand she doesn't want to feel this way
- Educate yourself on postpartum depression
- Talk with a therapist together
- Encourage her to rest
- Keep yourself healthy
- Tell her the baby will be fine
- Set limits with family and friends
- Just listen and stay present

Sources:

<http://www.postpartum.net/family/tips-for-postpartum-dads-and-partners/>
https://www.youtube.com/watch?v=gM_CtGsT2Tg

Support is available for you and your family.

Getting help may be the best thing you can do for your partner and new baby.

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When you've made the decision to talk with your healthcare provider about maternal mental health.

Making the decision to speak with your healthcare provider is an important step to positively impact your health as well as the wellbeing of your baby and other family members. Many effective support options are available, and your provider can help you choose the one that's right for you.

Let's Prepare

Start a list. Writing things down is one way to ensure you don't forget to mention something important. Write down concerns you have and how they're affecting you and/or your baby. Try to track how often you're having certain feelings or how long you've been feeling this way. You may also choose to use the list below of recognized symptoms as discussion points.

- I just want to be alone all the time
- I'm worried and anxious most of the time
- I have no interest in seeing family or friends
- I think the only way to feel better is to use alcohol or other substances
- Sometime I feel like my family would be better off without me
- I'm afraid of being alone with my baby
- I've had serious thoughts of hurting myself
- I'm having thoughts over and over about harm coming to my baby or me
- I have no appetite
- I'm sad and crying for no reason
- I can't sleep or I sleep all the time
- I don't think I'm a good mother
- I can't concentrate or stay focused
- I'm angry or very irritated a lot
- Everything feels overwhelming

Bring a friend or family member with you to your appointment if you're comfortable. You may get a lot of information from your provider and having someone with you can help ensure you don't miss anything important. Often, friends or family members are the first to recognize you're struggling and they may be able to offer some valuable input.

What will my provider say? You should expect your provider to be supportive of you. Your provider may suggest therapies such as a referral to a behavioral health provider and/or medication, or integrative therapy. Your provider may also give you information about the many support groups in the area so you can connect with other new mothers having similar experiences. Let your provider know how you're really feeling, he or she does want to know. Having a new baby is challenging and it's important to face this challenge with a healthy body and mind.

Support is available for you and your family. Contact your healthcare provider or visit wdhospital.com/womenandchildren for more information.



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Resources

Support Groups

- New Parent Support Group - Come and meet other new parents and discuss topics of concern to you. This group is facilitated by lactation consultants and child life specialists. No registration is necessary. The group meets weekly at Wentworth-Douglass Hospital. *For more information:* www.wdhospital.com/childbirthed
- Finding yourself in Motherhood Support Group - Becoming a mother, again or for the first time, can be joyful and challenging. If you're not feeling quite yourself or it's not what you expected, you're not alone. Many women feel overwhelmed, isolated or scared at times. Talking with other moms who are experiencing the same feelings can help. Join us for our weekly mothers support group where you can be real, valued and be understood. Babies are welcome. *For more information:* www.wdhospital.com/childbirthed
- For more support groups in the area, visit www.postpartum.net/locations/new-hampshire

Online Resources

- www.acog.org/patients/faqs/postpartum-depression
- www.womensmentalhealth.org
- www.postpartum.net
- www.postpartum.net/learn-more/useful-links
- www.postpartum.net/locations/new-hampshire
- www.postpartumdads.org
- www.bootcampfornewdads.org
- www.postpartumprogress.com
- https://www.youtube.com/watch?v=gM_CtGsT2Tg

Blogs by Survivors and Advocates

- *Postpartum Progress* by Katherine Stone
- *I'm Listening* by Jane Honikman
- *My Postpartum Voice* by Lauren Hale
- *Ivy's PPD Blog* by Ivy Shih Leung
- *PPD in Paradise* by PPD Support Hawaii
- *Postpartum Psychosis and Mental Health* by Jennifer Moyer
- *PTSD After Childbirth* by Jodi Kluchar

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Resources: Area Mental Health Providers

Last updated 07/2017

Remember to check with your insurance company to obtain a list of covered providers.

Dover, NH

GREAT BAY MENTAL HEALTH

15 Old Rollinsford Road, Ste. 302
Dover, NH 03820

603-742-9200

Providers: Joanne Devlin, LCMHC, Hillary Hartwick, LMFT, Jen Bruns, LICSW, Sandra Mote, APRN, Kathryn Rodger, LMFT, Carol Stiles, LICSW, Pilar Van Patten, LMFT, MaryBeth Zambella, APRN

CHESTNUT HILL COUNSELING ASSOCIATES

16 Fifth Street, Dover, NH 03820

603-749-4462

www.chestnuthillcounseling.com

Providers: James Kates, MD, Richard Naimark, MD, George Nowak, MD, David Schmidt, MD, Tessa Bensew, PhD, Katherine Frick, LICSW, Ann Phillips Hotchkiss, PhD, Charles Farrell, LCMHC

COMMUNITY PARTNERS

603-516-9300

Providers: Jamuna Theventhiran, PA

GARRISON CITY COUNSELING & PSYCHOTHERAPY

86 Locust Street, Dover, NH 03820

603-749-7421

www.garrisoncitycounseling.com

garrisonccp@gmail.com

Providers: Erika Bernier-Hockenhull, LCMHC

KIMBERLY WHITESELL, MD

251 Central Avenue, Dover, NH 03820

603-742-9550

Providers: Kimberly Whitesell, MD

DONNA MARIE CURRIER, LICSW

2 Washington Street #314, Dover, NH 03820

603-781-1708

Providers: Donna Marie Currier, LICSW

SHANE BIRKEL, LMFT

53 Washington Street, Dover, NH 03820

603-852-3654

www.shanebirkel.com

Providers: Shane Birkle, LMFT

MILL HOUSE COUNSELING CENTER

180 Locust Street, Dover, NH 03820

603-742-1373

www.millhousecounseling.com

Providers: Cheryl Lewis Gilpatrick, LICSW, Stephen Naifeh, PhD, Rebecca DeHass, PsyD

OAK HILL COUNSELING CENTER

839 Central Avenue, Ste. 6, Dover, NH 03820

603-556-4800

Providers: Alexandra Barbehenn, LICSW

NEIL BINETTE, LMFT

65 Main Street, Dover, NH 03820

207-618-9529

www.neilbinetelmft.com

Providers: Neil Binette, LMFT



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Rochester, NH

SALMON FALLS BEHAVIORAL HEALTH
1 Old Dover Road, Rochester, NH 03867
603-335-2444
www.salmonfallsbehavioralhealth.com
Providers: Jan Whitten, APRN, Virginia Cole, LICSW

LILAC CITY COUNSELING
163 Rochester Hill Road, Rochester, NH 03867
603-567-4231
www.lilacitycounseling.com
Providers: Carla Contarino, PhD, Donna Novelli, PhD

NEW HAMPSHIRE CATHOLIC CHARITIES
23 Grant Street, Rochester, NH 03867
603-332-7701
Providers: Sister Mary Joseph, MA, LCMHC, MLADC, Monique Prince, MSW, LICSW

NC MCLANE COUNSELING SERVICES, PLLC
40 Winter Street, Ste. 306D
Rochester, NH 03867
603-332-2377
www.ncmclane.com
Providers: Nancy McLane, LICSW

WHIT INZER, LICSW
60 Rochester Hill Road, Ste. 8
Rochester, NH 03867
603-332-5222
www.whitinzer.com
Providers: Whit Inzer, LICSW

Portsmouth, NH

MEGAN TAYLOR, MSW, LICSW, PLLC
20 Ladd Street
Portsmouth, NH 03801
603-502-7099
www.megantaylormsw.com
Providers: Megan Taylor, LICSW

NEW HAMPSHIRE CATHOLIC CHARITIES
845 Woodbury Ave, Portsmouth, NH 03801
603-332-7701
Providers: Sister Mary Joseph, MA, LCMHC, MLADC, Barry Lewis, LCMHC, MLADC, CGP

HELEN RIZZA, ARNP
30 Mirona Road, #3
Portsmouth, NH 03801
603-918-6162
Providers: Helen Rizza, ARNP

NANCY MAIELLO, LICSW
1 Middle Street #215
Portsmouth, NH 03801
207-752-0731
Providers: Nancy Maiello, LICSW

LISA NORRIS, ARNP
20 Ladd Street, #405
Portsmouth, NH 03801
603-430-8900
Providers: Lisa Norris, ARNP

SEACOAST MENTAL HEALTH
1145 Sagamore Ave
Portsmouth, NH 03801
603-431-6703
www.smhc-nh.org



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Surrounding Communities

BARRINGTON COUNSELING
CENTER 606 Franklin Pierce Highway
Barrington, NH 03825
barringtoncounselingcenter.com
Providers: Marissa McCutcheon, LCMHC

NEW SOLUTIONS COUNSELING
8 Commerce Way, #2
Barrington, NH 03825
603-664-9500
newsolutionscounseling.com
Providers: Holly Zirkle, LICSW

MORE THAN WORDS COUNSELING
Epping, NH
603-693-6265
morethanwordscounseling@gmail.com
Providers: Susie Curtis, LMCH

PRESENT MOMENT THERAPY
184 State Street
Newburyport, MA
978-905-0997
presentmomenttherapy.com
Providers: Debra Rascona, LICSW

JAN ARCHAMBEAULT,
APRN 14 Franklin Street
Exeter, NH 03833
603-219-6679
Providers: Jan Archambeault, APRN

SEACOAST MENTAL
HEALTH 30 Prospect Ave
Exeter, NH 03833
603-772-2710
www.smhc-nh.org
WOODLAND PROFESSIONAL ASSOCIATES
155 Lafayette Road, #3
Hampton, NH 03862
603-964-4869
woodlandprofessionalassociates.com
Providers: Patricia Kincare, MD

SUSAN LYNN NEAL
17 Woodman Road, Durham, NH 03824
603-868-1366
Providers: Susan Lynn Neal, LICSW

ERNIE DOWNS,
PHD 13 Jenkins Court, #244
Durham, NH 03824
603-878-5324
*Providers:
Ernie Downs, PhD*

NEW HAMPSHIRE CATHOLIC CHARITIES
17 Gilford Ave, Laconia, NH 03246
603-528-3035
Providers: Ellen LaRose, MS



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