



Perinatal mood and anxiety disorders (PMADs) are common, treatable, and can occur at any time during pregnancy or in the first year after pregnancy (the perinatal period).

What are the symptoms of PMADs?

- Perinatal mood disorders include depression, anxiety, obsessive compulsive disorder, panic disorder, PTSD and rarely psychosis.
- Symptoms can include feelings of hopelessness, guilt and despair, feeling inadequate as a parent, anxiety, irritability, lack of interest in family/friends, obsessing over the baby's safety, feeling emotionally disconnected from baby.

Why care about PMADs?

- As many as one in five pregnant or postpartum Vermonters suffer from symptoms of depression and/or anxiety during the perinatal period.
- These disorders are one of the leading complications related to childbearing and can have profound and lasting impact on the woman the child, and the family.
- PMADs touch most Vermont families in some way. There is emerging evidence that fathers, partners and non-gestational caregivers (foster or adoptive parents) are also at risk from the stress of having a baby.
- It can be hard to recognize or identify these disorders in a time when many people experience changes in mood, sleep patterns and appetite, which can lead to under-diagnosis and under-treatment of PMADs.
- The estimated cost of untreated PMADs in the U.S. is \$14.2 billion for all births in 2017 following the mother-child pair from pregnancy through 5 years postpartum.

What are the risk factors for PMADs?

- Risk increases significantly for women who have a personal or family history of PMADs, anxiety or depression. Other risk factors are biological, such as changes in hormones and sleep, life stressors, such as lack of support from partner/family, and psychological factors, such as difficulty with transitions.

Where can people get help?



offers [referrals](#) for therapy and support. Dial 2-1-1 ext. 6

- Medical care providers see nearly all pregnant people in Vermont, and 92% of women have a post-partum checkup. Providers can screen, educate, refer and treat these people and their families.
- [Crisis Text Line](#) text VT to 741741