

### PMAD & Parenting Stress

Whether you are a first-time parent or have a large family, the pandemic has changed parenting and made it more challenging for everyone. The support you expect from family and friends may not be available. Community resources like in-person playgroups, daycare, and community events, may be harder to find.

Many who haven't found parenting support and mental health services necessary in the past are struggling now. **Recognizing that parenting stress is getting to you and reaching out for help early is very important.**

Research shows that the pandemic has more than doubled the rates of Perinatal Mood and Anxiety Disorder (PMAD), also known as Postpartum Depression, in both mothers and fathers. Yes, even men can experience perinatal or postpartum challenges. This may be due to extended isolation, lack of social support, and managing even higher stress and anxiety levels.

PMAD can appear days or even months to a year after childbirth. Warning signs are different for everyone but can include:

- Appetite changes
- Feeling anxious, hopeless, exhausted, or crying uncontrollably
- Feeling guilty or worthless
- Feeling angry, irritable, or nervous
- Trouble concentrating or sleeping
- Thoughts of harming yourself or your baby
- Lack of interest in your baby

You are not alone; help and support are available. PMAD doesn't go away on its own, but getting help can help you fully recover.



Parenting in these times is also a source of higher than usual parental burnout. This is when you feel intense parenting-related exhaustion and may be chronically overwhelmed by the stress and worry of caring for your children.

Here are some things you can try to feel more like yourself and the parent you want to be:

**Ask for help.** Ask your spouse or support people to give you more of a break.

**Take time for joy and fun.** Try to schedule time for yourself alone and with your family to just relax and have fun.

**Get outside.** Fresh air and exercise can help you feel more connected to yourself and the world.

**Seek support.** Join a support group, connect with other parents, and talk to your doctor or mental health professional.

# Parenting Support

These local resources and support groups can guide you in adapting, coping, and adjusting to the challenges of parenting.

## Hope for Mothers

Offering a support group for parents suffering from emotional or mental health difficulties related to childbearing.

Linn & Benton County | Albany 541-812-4475, Lebanon 541-451-7872, Corvallis 541-768-6908  
En Español | llame a Rocio Badger al 541 812-4303 o Tina Soares 541 257-7257

## **Home Visiting programs**

Our communities have many Home Visiting programs so that you can choose the right one for your family. Here are some common questions and answers to help you learn about home visiting. [In English](#). [En Español](#)

## InterCommunity Health Network Care Coordination

IHN-CCO knows that sometimes managing your health can feel overwhelming. We provide one-on-one, personalized support for your health care needs, including maternity care coordination, case coordination, and resources.

Linn, Benton & Lincoln County |  
Contact the Care Coordination Team at 541 786 4550, or [carecoordinationteam@samhealth.org](mailto:carecoordinationteam@samhealth.org)

## **Maternal Child Health Programs**

These programs are designed as a continuum of services to support pregnant women's health and well-being and families with young children in their early childhood. All programs are at no cost to families.

- [Benton County](#) 541-760-1834, Melissa.leon@co.benton.or.us
- [Lincoln County](#) 541-265-4112, lincolncocallcenter@co.lincoln.or.us
- [Linn County](#) 541-967-3888 Ext.2024, en español 541-967-3888 Ext. 2117

## OnellAnother

Offering free parenting support groups called Parenting Today Forward with Collaborative Problem Solving. They also provide peer support to families and youth within the Linn County Mental Health Programs CATS, ICC, and Wrap. Linn County | 541-570-0284

## Pollywog & LBCC Family Connections

Our consultants offer personalized, local resources for your family whether you are looking for childcare, parenting classes and support, or more information on entering the childcare field.

Linn, Benton & Lincoln County | 541-917-4884

## Postpartum Support International

Promoting awareness, prevention, and treatment of pregnancy and postpartum mental health issues in pregnant and postpartum women and families. They offer online support groups, weekly phone chats, a peer mentor program, and online forums.

Call the HelpLine: 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773



## Parenting Support

### Reach Out Oregon

Reach Out Oregon provides a community of support for families raising a child who experiences emotional, behavioral, and mental health challenges. Call or Text the Warmline Monday - Friday 12-7pm (except holidays). Leave a message at any time. 1-833-732-2467. For monthly support group information in Lincoln County, contact Signe Miller at signem@ofsn.net or 541-505-2511.

### WellMama Linn-Benton

Reproductive Mental Health and Emotional Support Services. They provide free phone and email support, referrals to local resources, and counseling to pregnant and postpartum mothers and their families.

Linn & Benton County | 541-231-4343

## One-on-One Parent Coaching

Offering FREE one-on-one parenting support for Linn, Benton, Lincoln County parents.

### Strengthening Rural Families

& PK McCoy offer:

Free parent coaching and personalized resources for families with children of any age.



The Parenting Success Network offers:

Free sessions with Richard Halpern from Coach4Parents.com to help families who want Parenting Coaching through phone or video

Triple P Online for families who prefer an online program. Triple P Online is for Spanish-speaking families with children ages 0-12 years or families who prefer English with children ages 0-16 years. Eight online modules introduce Triple P's core parenting skills using videos to share simple strategies to encourage positive behavior and to prevent and manage misbehavior.

Triple P Primary Care offers free sessions to help families with children ages 0-16 years who want one-on-one supports from an accredited practitioner. Triple P Primary Care is a brief, targeted intervention in a one-to-one format that assists parents in developing parenting plans to manage behavioral issues and skill development issues. Practitioners provide 3-4 sessions (15-30 minutes each) over 4-6 weeks.

Free coaching sessions in Spanish for Hispanic families through Acosta Services. These sessions will support families in caring for their emotional health and promote positive parent-child relationships.

## Family Resources

If you are afraid that negative situations or thoughts might cause harm to yourself or others, consider working with a relief nursery or other professional child advocacy agency as soon as possible.



### Family Tree Relief Nursery

Helping families stay together with therapeutic early childhood programs, home visitation, alcohol and drug recovery support, and parent education. Linn County | 541-967-6580

### Old Mill Center

Empowering children and families of diverse backgrounds through specially designed home visiting, education, and therapy programs. Benton County | 541-757-8068

### Samaritan Mental Health Family Center

Providing children, teens, and families comprehensive, coordinated mental health care. Benton County | 541-768-4620

### Children's Advocacy Center

Child abuse intervention and assessment services in a safe, neutral, and supportive environment. Lincoln County | 541-574-0841

### Olalla Center

Growing a strong network for families by providing classes, relief nursery, counseling, and other critical supports. Lincoln County | 541-336-2254

## If You Are in Crisis

If you experience significant emotional distress or are in a crisis situation, please call your doctor's office or go to the nearest emergency room. In case of a medical or psychiatric emergency, please contact 911. If you or someone else is thinking about hurting themselves, here are some ways to get immediate help:

- [Linn County Mental Health Crisis Line: 800-304-7468](tel:800-304-7468)
- [Benton County Mental Health Crisis Line: 888-232-7192](tel:888-232-7192)
- [Lincoln County Mental Health Crisis Line: 866-266-0288](tel:866-266-0288)
- [National Suicide Prevention Lifeline: 800-273-8255](tel:800-273-8255)
- [Nacional de Prevención del Suicidio: 888-628-9454](tel:888-628-9454)
- [Center Against Rape and Domestic Violence \(CARDV\): 1-800-927-0197](tel:1-800-927-0197)
- [My Sisters' Place \(DV support, Lincoln County\): 541-574-9424](tel:541-574-9424)
- [24/7 Confidential Crisis Counseling Text Line: Text OREGON to 741741](tel:541-741-7417)



 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

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