

# Hope for Mothers Support Group

Every new baby is one-of-a kind, and so is every mom. Some women seem to sail through pregnancy and motherhood with ease. Others ride a roller coaster of emotions, feeling happy and excited one minute, and lonely and sad the next.

Perinatal Mood and Anxiety Disorders (PMADs), also known as Postpartum Depression, can affect any woman who:

- Is currently pregnant.
- Has recently had a baby.
- Has ended a pregnancy or miscarried.
- Has stopped Breastfeeding.

Early intervention is crucial to help women and their families for a healthy, long-lasting outcome.

PMADs 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 or exhausted.
- Crying uncontrollably.
- Feeling guilty or worthless.
- Feeling angry, irritable or nervous.
- Trouble concentrating or sleeping.
- Thoughts of harming self or baby.
- Lack of interest in baby.
- Lack of interest in sexual activity.

Love and support may not be enough

Whether symptoms are mild or serious, if they last longer than two weeks or affect a woman's ability to enjoy her daily life, loved ones should encourage the mother to seek help.

Turn over



Samaritan  
Health Services

samhealth.org

# 1 in 8 women experience Perinatal Mood and Anxiety Disorders

For more information, please call or drop by a Hope for Mothers Support Group.

## Corvallis

First and second Wednesdays, 1-2:30pm

Location: Boys and Girls Club of Corvallis

Facilitator: Mary Jackson, RN, MCC: GSRMC (Corvallis) 541-768-6908

For more information, email [HopeforMothersSupportGroup@samhealth.org](mailto:HopeforMothersSupportGroup@samhealth.org)

## Albany

Second and fourth Thursdays, 6:30 to 8 p.m.

Location: Samaritan Albany General Hospital  
1046 Sixth Ave. SE, Albany

Instructors: Mary Jackson RN, MCC: GSRMC (Corvallis) 541-768-6908  
Pam Collier RN, MCC: SAGH (Albany) 541-812-4301

For more information, call 541-812-4475 or email  
[HopeforMothersSupportGroup@samhealth.org](mailto:HopeforMothersSupportGroup@samhealth.org)

## Lebanon

Second and fourth Thursdays, 6:30 to 8 p.m.

Location: Samaritan Lebanon Community Hospital  
525 North Santiam Hwy., Lebanon

Instructor: Laurie Ann Barajas, MAHS, MCC, Se Habla Español

For more information, call 541-451-7872

Classes are free. No registration needed! Infants are welcome.

**You are not alone. Help and support are available and you will get better.**

