

Perinatal Support Connections

Every new baby is unique, and so is every parent. Some individuals seem to sail through pregnancy and parenthood 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 anyone who:

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

Early intervention is crucial to help individuals 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 significantly affect an individual's ability to enjoy daily life, loved ones should encourage them to seek help.

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



Samaritan
Health Services

samhealth.org

Albany: Perinatal Support Connections (English)

First and Third Mondays, 1:00 to 2:30pm

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

For more information, call 541-812-4301 or email
HopeforMothersSupportGroup@samhealth.org.

Albany: Hope for Mothers Support Group (Spanish)

First and Third Mondays, 12:00 to 2:00pm

Location: Boys and Girls Club, 1215 Hill St SE, Albany

For more information, call 541-812-4303

Corvallis

First and Third Wednesdays, 6:00 to 7:30pm

Location: Mid Valley Nurture, 520 NW 4th St, Corvallis

For more information, call 541-768-6908 or email
HopeforMothersSupportGroup@samhealth.org

Lebanon: Hope for Mothers Support Group (English & Spanish)

Second and fourth Thursdays, 6:30 to 8:00pm

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

For more information, call 541-451-7872

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

