



support DELIVERED

Mental Health Resources for Expecting + New Parents

What are PMADs?

Perinatal Mood and Anxiety Disorders (PMADs) are a group of symptoms that can happen during pregnancy and the postpartum period (up until the baby is 1 year old). They can cause emotional and physical concerns that make it hard to enjoy life and function well. PMADs are the leading complication of childbirth.

PMADs are common and treatable.

Symptoms of emotional pain during pregnancy or in the baby's first year happen in parents of every culture, age, income level and ethnicity. There are programs to help.

What increases a person's risk?

As many as 20% of pregnant or postpartum people have PMADs. Some people are at higher risk for PMADs because of life experiences, genetics, and brain biochemistry. The stress that can come from poverty increases a person's risk of having symptoms. The history of structural racism in America increases the chance of PMADs for members of the Black, Indigenous, People of Color (BIPOC) community.

Where to get help

If you are in crisis, contact your medical provider or go to the nearest hospital emergency room. Text "VT" to 741741 for the Crisis Text Line or call the National Suicide Prevention Lifeline 1-800-273-8255.



Help Me Grow: get help finding mental health providers and other services. Call 2-1-1 option 6, text HMGVT to 898211, or email info@helpmegrowvt.org.



Postpartum Support International (PSI) Vermont: talk with local coordinators or find an online support group for support, information, and help. at www.postpartum.net.

Designated Mental Health Agencies: connect with a professional who is trained to provide support to parents, children, and families. Many agencies have support groups for coping with pregnancy and caring for a new baby. Find more information at www.mentalhealth.vermont.gov.

**For more information,
visit SupportDeliveredVT.com**



SupportDeliveredVT.com

The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMPP), a 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.

