



CENTERSTONE

Postpartum Depression and Anxiety

Support for Pregnant Women and New Mothers

Pregnancy and a new baby cause some women to feel anxious, sad or overwhelmed. For many, these feelings go away on their own, but for some these symptoms may result in a serious condition known as postpartum depression. Researchers believe that 1 in 8 women experience postpartum depression or anxiety.

Depression or anxiety around pregnancy or birth can make you feel:

- Sad, irritable or angry without warning
- Like you are simply going through the motions of life rather than living;
- Anxious around your baby and other children;
- Guilty or like you are failing at motherhood;
- Robbed of the ability to take joy in things you used to enjoy.

If you are experiencing any of these symptoms, you are not alone. **You can depend on Centerstone to provide an array of services and resources that will help you to recover, including:**

- Open Access assessments that give you the flexibility to come in to any of our offices Monday - Friday from 8:00 AM – 3:00 PM to start the recovery process.
- Counselors who specialize in working with mothers and families as they navigate new and difficult experiences.
- Groups that will allow you to connect with other mothers who are experiencing depression or anxiety around pregnancy or birth.
- Information for loved ones who are supporting you or who may be struggling with the changes that a new baby brings.