

## WHEN TO GET HELP

---

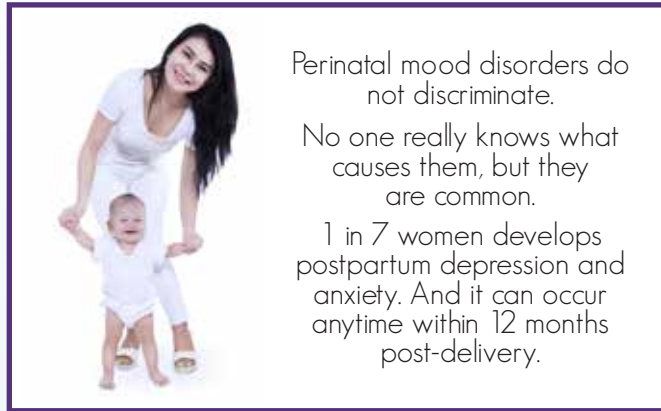
The natural progression of perinatal mood disorders is marked with both good days and bad days. Below are some symptoms that could signal that it's time to get help:

- Difficulty sleeping even though exhausted
- Feeling like you're on an "emotional rollercoaster"
- Isolating yourself from others
- Not feeling bonded with or love for the baby
- Racing anxious and scary thoughts that keep you from sleeping
- Feeling like you're not a good enough parent
- Regrets about having a baby
- Anxiety that can't be reassured or calmed
- Feelings that your baby and family would be better off without you
- Thinking that the only way to end the pain is to hurt or kill yourself

## There's HOPE....

Perinatal mood disorders are highly treatable, and they have successful treatment outcomes.

If you think that you or a loved one may be experiencing a perinatal mood disorder, please contact me for assistance.



Perinatal mood disorders do not discriminate.

No one really knows what causes them, but they are common.

1 in 7 women develops postpartum depression and anxiety. And it can occur anytime within 12 months post-delivery.



## HOW I CAN HELP

---

I'm AJ Bernstein. I'm a licensed therapist with training in assessing, diagnosing, and treating perinatal mood disorders. Becoming a parent is a transformation that has its challenges and difficulties (and joys!) that are different for everyone. I help to address the expectation that becoming a parent should come naturally, guide you through coping with the difficulties, and help you see that you have within you the strength and capability to be a great parent.

Here's how I can help:

- Decreasing the symptoms that are causing you distress
- Finding solutions that work for you and your family to concerns you are having
- Parenting support
- Assisting to coordinate supports and resources that alleviate stress and maintain progress
- Couples and family therapy

Taking care of yourself is truly one of the best gifts you can give to yourself and your family.

Please call me to set up a free telephone consultation and learn more about me and how I may best help you.



## AM I AT RISK FOR A PERINATAL MOOD DISORDER?

There is no way to know if you will experience a perinatal mood disorder, but there are some risk factors to consider if you're concerned:

- Difficulty tolerating hormone shifts
- High need for control; low tolerance for chaos
- Type A personality
- Previous history of anxiety and/or depression
- Difficult or high-risk pregnancy or birth
- Having a baby who is difficult to soothe

Perinatal mood disorders can begin during pregnancy and symptoms can look a lot like normal pregnancy symptoms. If you have any concerns at all please seek support.

## WHAT ARE TYPICAL THOUGHTS & FEELINGS FOR NEW PARENTS?

- Feeling tired from lack of sleep
- Feeling emotions a little more intensely than normal; some irritability or weepiness
- Feeling overwhelmed with the responsibilities of being a new parent, but still able to talk about it
- Having some worries or concerns about your baby
- Some loss of concentration or forgetfulness ("mom brain")

It's normal to experience these symptoms for up to 2 weeks post delivery. If symptoms escalate, or are prolonged, it could signal a perinatal mood disorder.



### Pregnancy, Postpartum, Families, Couples & Trauma



Annjeanette (AJ) Bernstein LCSW, MFT

720-507-4195

BernsteinCounseling@gmail.com

5921 S. Middlefield Rd. Ste 201

Littleton, CO 80123

[www.BernsteinCounseling.com](http://www.BernsteinCounseling.com)

## WHAT TO KNOW ABOUT POSTPARTUM

There is no way to know how you will feel after the arrival of your baby. Responses and reactions vary and are different for everyone but understanding warning signs for common perinatal mood disorders, such as postpartum depression and anxiety, are important.

Learn how becoming a new parent can affect your mental health and when to seek help.

