

# Perinatal Mood and Anxiety Disorders (PMADs)

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## PMADs

Perinatal mood and anxiety disorders usually occur during pregnancy or throughout the first year with a new baby.

VS

## Baby Blues

Baby blues is a feeling of sadness that arises due to hormonal changes. It is considered to be mild which disappears within the first two weeks after postpartum.



## Signs & Symptoms of PMADs

- Guilt
- Confusion
- Dysphoria
- Anxiety
- Insomnia
- Exaggerated mood swings
- Visual/auditory hallucinations
- Suicidal thoughts

VS

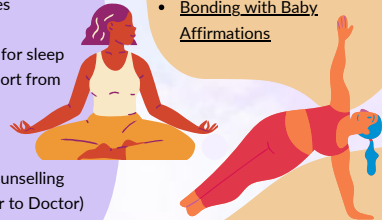
## Signs & Symptoms of Baby Blues

- Feeling overwhelmed
- Experiencing sadness
- Anxious and tearful
- Experiencing insomnia



## Coping with PMADs

- Self care practices
  - Eating well
  - Making time for sleep
  - Getting support from others
  - Being active
- Psychotherapy
- Non-directive counselling
- Medication (refer to Doctor)



## Support Groups for PMADs

- [Postpartum Support Toronto](#)
- [Mount Sinai Hospital](#)
- [North York General Hospital](#)
- [Parkdale Queen West Community Health Centre](#)

## Resources for PMADs

- **Mood Disorders Association of Ontario**
  - Support line: 1-866-363-6663
- **Postpartum Support International**
  - Helpline: 1-800-944-4773
- **Postpartum Depression and Anxiety Service**
  - Phone: 416-338-7600
  - eChat link: [toronto.ca/health/eChat](https://toronto.ca/health/eChat)



## Meditation

- [Prenatal Yoga at Home by Birth Mark](#)
- [Mindfulness and Self Care Weekly Virtual Workshop](#)
- [Bonding with Baby Affirmations](#)

