

Dealing with Feelings: Pregnancy and Postpartum Mood Disorder Support Group for Women

Women of every age, income level, culture and ethnicity can experience emotional changes *during pregnancy and up to one year after giving birth*. Doctors call these changes a Perinatal Mood Disorder.

Some symptoms include: sadness, confusion, anger, irritability, sleep problems, anxiety, uncontrolled crying, prolonged sadness and a feeling of emptiness.

Perinatal Mood Disorder affects about 20% of women *during pregnancy* and after the birth of their baby. **This disorder is treatable. Do not suffer alone.**

If you struggle with these feelings:

1. Call your doctor *right away*.
2. Ask family and friends for help at home.
3. Find a therapist who specializes in the treatment of Perinatal Mood Disorders.
4. Attend the *Dealing with Feelings: Pregnancy and Postpartum Support Group for Women*

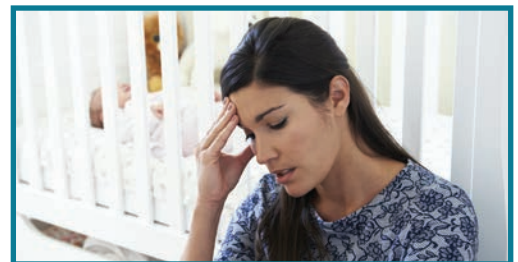
Dealing with Feelings is not a therapy group. It is safe place where you and other pregnant women and moms find support, comfort and encouragement.

- Learn coping skills.
- Extend your support network.
- Share your feelings.

Liz, LSW and Beth, MA, LCC will moderate the meetings at 1:30 p.m. on the following Wednesdays:

- January 11 and 25
- February 8 and 22
- March 8 and 22
- April 5 and 19
- May 3, 17 and 31
- June 14 and 28

Meet Beth, Liz and other women in the NICU Classroom on the 4th Floor of the Women and Children's Hospital.



Support
New Ideas
Referrals

Call Parent Help Line at
217-544-5808 or 1-888-727-5889

10 a.m. to 10 p.m., 7 days a week.

Visit our website at
www.parenthelpline.org and

our Facebook page:
Parent Help Line at
St. John's Children's Hospital



Children's
HSHS St. John's Hospital
In partnership with SIU HealthCare