

PERINATAL MENTAL HEALTH

INFORMATION SHEET



WHO WE ARE

Ayama Psychotherapy LLC is dedicated to helping overwhelmed adults get relief from stress, anxiety and insomnia. We value intentional living, compassion and appreciation for overall health.

All are welcome.

WHAT WE OFFER

- Psychotherapy for adults with general mental health needs
- Psychotherapy for adults who are looking for a specialist in the areas of anxiety, insomnia, eating/body image, and perinatal mental health
- Sleep self-help tutorials and online programming for general sleep needs
- Free 15-min phone consultation to figure out if your needs are likely to match well with our services

GET IN TOUCH

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Website: www.ayamapsychotherapy.com



WHAT TO KNOW

- "Perinatal" refers to the time period just before pregnancy and extends through the first year after birth.
- PMADs stands for "perinatal mood and anxiety disorders"
- Approximately 1 in 5 new mothers experience PMADs
- New fathers may experience mental health changes; symptoms arise usually at about 6-12 months after the baby's birth
- Irritability is the most commonly experienced symptom
- Untreated PMADs can lead to long-lasting mental health concerns or crises.
- Any pre-existing mental health diagnosis or concern significantly increases the chances of developing a PMAD.
- Symptoms to watch for are: irritability, rage, sadness, feelings of worthlessness and guilt, feeling constantly overwhelmed, intrusive thoughts or compulsions, agitation, trouble sleeping, changes in appetite, trouble bonding with baby, feeling isolated, racing thoughts or panic attacks, and restlessness. OCD, psychosis, bipolar disorder, and PTSD (birth trauma, trouble with infertility, or pregnancy or infant losses)

HOW A SPECIALIST CAN HELP

Sarah Hamrick, LCSW, is a perinatal specialist with Ayama Psychotherapy. She is happy to meet a variety of needs at different stages related to parenthood, including:

- Planning for parenthood, including creating a personalized postpartum wellness plan
- Providing support and assistance with the adjustment to parenthood
- Increasing parent/caregiver connections with their children
- Addressing birth trauma
- Processing a parent's childhood trauma in order to be more present with their families

Additional resources:

<https://www.postpartum.net/get-help/psi-helpline/>

<https://www.postpartum.net/>

List of perinatal mental health specialists: <https://psidirectory.com/>