

# Emotional Wellness

## PREGNANCY AND POSTPARTUM

### DEPRESSION

It is natural for women to experience changes in their feelings and mood during pregnancy. However, mood symptoms can sometimes become severe enough to require treatment by a health care provider. Approximately 10% of women experience depression prenatally and 15% experience depression following childbirth. Depression is not your fault! It is caused by a dramatic change in hormone levels which you cannot control. Emotional factors and lifestyle influences can also contribute. If feelings of depression persist for more than a couple of weeks or interfere with daily activities, it is time to ask for help.

### SYMPTOMS OF DEPRESSION

- Persistent sadness, hopelessness, and frequent crying/tearfulness
- Feeling worthless or guilty, especially about not being a good mother
- Feeling angry or irritable
- Trouble sleeping despite feeling very tired, or sleeping more than usual
- Lack of interest in baby and loss of pleasure in things previously enjoyed
- Loss of or increase in appetite or weight
- Thoughts of harming self or baby

### ANXIETY

Approximately 6% of pregnant women and 10% of postpartum women experience generalized anxiety. Anxiety can occur alone or in addition to depression.

### SYMPTOMS OF ANXIETY

- Excessive and constant worrying
- Fear that something bad will happen to the baby
- Racing thoughts and inability to sit still
- Trouble sleeping despite being tired; change in appetite

### SPECIFIC TYPES OF ANXIETY

#### PANIC DISORDER

Women often feel very nervous and have recurring panic attacks, during which they may experience heart palpitations, shortness of breath, chest pain, and dizziness.

#### OBSESSIVE COMPULSIVE DISORDER (OCD)

Women suffering from OCD have recurrent, unwanted thoughts or images called obsessions. They may use repetitive actions, called compulsions, to deal with the obsessive thoughts. Examples of compulsions include frequently needing to wash or clean hands, or constantly rechecking things.

### POSTPARTUM POST-TRAUMATIC STRESS DISORDER

Affects approximately 1-6% of women following childbirth. Often, this disorder is caused by a real or perceived trauma during delivery or postpartum.

### SYMPTOMS OF POSTPARTUM PTSD

- Intrusive re-experiencing of a past traumatic event
- Flashbacks, nightmares, anxiety and panic attacks
- Avoidance of thoughts, feelings, people, and details of traumatic event
- Irritability, trouble sleeping, easily startled

### POSTPARTUM PSYCHOSIS

A rare condition that typically develops within the first two weeks after delivery. You need to call 9-1-1 or go to the nearest emergency room if you experience any of the following symptoms:

- Hallucinations and/or delusions
- Fear that you will harm yourself or baby, or if you attempt to harm either
- Paranoia, confusion, and/or disorientation

### TREATMENT

Most women suffering from a perinatal mood disorder realize something is wrong, but often do not seek help. It is important to know that it will not go away on its own. Treatment can include skilled psychological counseling, medication (antidepressants and/or hormonal therapy), and support groups. Contact your health care provider to take the first step toward feeling like yourself again. (See resource list on reverse)



## LOCAL PROVIDERS

### WEST CHESTER

**Erin Saddic, MS, PMH-C**  
610.931.5547  
erinsaddic.com

**Family Services of Chester County**  
610.696.4900 \*Bilingual

**Human Services, Inc.**  
610.873.1010 \*Bilingual

**Heather Tuckman, Psy.D**  
610.430.1430

**Maria Gabelberger, Psy.D**  
484.557.7195  
lightinthecenter.com

**West Chester University Community  
Mental Health Services**  
610.436.2510  
Low cost, high quality psychological  
services from graduate students in Psy.D  
program and experienced Psychologists

### EXTON

**Erin Jameson-Saltzburg LCSW**  
484.879.4292  
turningpointassociates.net

**Lisa Pagano**  
484.883.1496  
lisapaganotherapist.com

**Mind Body Institute of Chester County**  
M. Anjum Irfan, MD  
610.524.2444

**Mind and Peace Connection Center**  
Asim Rana, MD  
484.879.6173

### MAIN LINE

#### PAOLI

**Andrea Roundtree LCSW**  
484.323.6286  
arrcounseling.com

**Dana King-Butler, MSW, LCSW**  
484.DKB.2060  
myraysofhope-dkb.com

**Annemarie K. Lange, LPC**  
484.678.7565  
annemarielangelpc.com

**Shawn Kraemer**  
610.647.6406  
www.centerpsych.com

**Dara Dvinoff, LCSW**  
610.596.9970  
daradvinofftherapy.com

**Scott Bragg, LPC**  
610.486.3535  
Postpartum Dad Support  
Group & Counseling

### MALVERN

**Melissa Ferrigno, LPC**  
**Cristina DiBartolomeo, MA, LPC**  
484.301.0803  
halcyontherapyllc.com

**Ali Wilburn, LCSW**  
610.716.3979  
aliwilburn.com

**Nancy Buckwalter, LCSW**  
484.313.4287

**Michelle E. Newdeck, MS, LPC,**  
**NCC PMH-C**  
610.616.5935  
cornerstonetherapy.com

### DEVON/ROSEMONT

**Postpartum Stress Center**  
Karen Kleiman, MSW  
610.525.7527  
postpartumstress.com

### PHOENIXVILLE

**Nicole McNelis, LPC**  
484.393.1193  
nicolemcnelis.com

**Susan Winters-Griste**  
484.686.4915  
wellmindtherapy.com

### SOUTHERN CHESTER COUNTY

#### GLEN MILLS

**Amy Schullery, Psy.D**  
610.635.9641  
dramyschullery.com

### KENNETT SQUARE

**Sage Windemaker LCSW**  
484.734.0008

**Beth Wolske MSW, LSW**  
484.352.3028  
sagewindemaker.com

### WEST GROVE

**Jamie Hummell NCC, LPC-DE**  
30.636.0700  
tranquilitycounselinginc.com

## RESOURCES

### EMERGENCY:

911 / Suicide Prevention Hotline  
1.800.273.Talk (8255)

**Crisis Intervention of Chester County**  
610.918.2100

**Chester County Crisis Services Holcomb  
Behavioral Health/Valley Creek  
Crisis Center**  
610.280.3270  
ChescoCrisis.Holcomb-bhs.org

## SUPPORT GROUPS

### WEST CHESTER

**Chester County Hospital  
“Moms Supporting Moms” Group**  
2nd Thursday of the month (Free)  
7:00pm –8:30pm  
More info: Lissette Liriano, MS, BSN,  
RN, CCE, CBC, Maternal Mental Health  
Specialist 610.431.5155

### PHOENIXVILLE

**Phoenixville Hospital Postpartum  
Adjustment Support Group**  
For more information:  
610.983.1288

**Postpartum Support International (PSI)**  
1.800.944.4PPD  
To find local support groups, visit:  
Postpartum.net