

# UNDERSTANDING POSTPARTUM MENTAL HEALTH

Bringing a new life into the world is a happy time, but it can also bring unexpected challenges. Postpartum mental health issues, such as postpartum depression (PPD), anxiety, and other mood disorders, affect many new mothers. Knowing the signs and where to seek help is crucial.

## Common Symptoms:

- Feeling sad or hopeless and it won't go away
- Excessive crying
- Severe mood swings
- Hard time bonding with your baby
- Staying away from family and friends
- Eating too little or too much
- Sleeping too little or too much
- Feeling too tired or losing energy
- Feeling guilty or not worthy
- Thoughts of harming yourself or your baby

## LOCAL RESOURCES THAT ACCEPT MEDICAID:

Appalachian Community Services  
(828) 452-1395

Services: Counseling, mental health, and substance use services

Meridian Behavioral Health  
Services  
(828) 452-9258

MAHEC – Center for Psychiatry  
and Mental Wellness  
(828) 398-2601

Western North Carolina  
Community Health Services -  
(828) 286-0622

## YOU ARE NOT ALONE!

- About 1 in 7 women experience postpartum depression after giving birth.
- Postpartum depression generally lasts 3 to 6 months but can last longer.
- Nearly 50% of mothers with postpartum depression are not diagnosed by a health professional.
- 80% of women with postpartum depression make a full recovery with proper treatment.

## SERVICES AND SUPPORT GROUPS THAT ARE FREE OF CHARGE:

- **Mother's Connection New Mom's Group** – Haywood Regional Health & Fitness Center – Tuesdays from 11:30 – 1:30  
[www.myHaywoodRegional.com](http://www.myHaywoodRegional.com)
- **Haywood County WIC Breastfeeding Peer Counselor** -  
(828) 452-8440
- **Postpartum Support International (PSI) - North Carolina Chapter** - Support groups, educational resources, and mental health provider referrals. Contact: Visit PSI North Carolina at [www.psichapters.com/nc](http://www.psichapters.com/nc).
- **NAMI support groups** – both online and in-person options  
[www.nami.org/support-education/support-groups/](http://www.nami.org/support-education/support-groups/)
- **VAYA Health Crisis Line:** free, 24/7, confidential –  
(800) 849-6127
- **988 Suicide and Crisis Hotline:** free, 24/7, confidential – call, text, or chat 988  
[www.988lifeline.org/](http://www.988lifeline.org/)



# TAKING CARE OF YOURSELF

**Rest:** Sleep when your baby sleeps.

**Nutrition:** Eat balanced meals and drink plenty of water.

**Exercise:** Gentle activities like walking can boost your mood.

**Connect:** Talk to friends, and family, or join a support group.

**Ask for Help:** Don't hesitate to seek help from healthcare providers or mental health professionals.

# ASK ME ABOUT ME

Haywood Health and Human Services launched an "Ask Me About Me" campaign to support new moms' mental health. This initiative encourages moms to talk about how they're feeling and to ask for help when needed. The goal is to make sure new moms feel supported, heard, and have access to resources to stay healthy, both mentally and emotionally, during this important time.

Free bracelets are available in the HHS lobby at 157 Paragon Parkway in Clyde. Pick up yours today!

**YOU MATTER - 988 IS HERE TO HELP**

**ASK ME ABOUT ME - 988 LIFELINE**

**USTED IMPORTA - LÍNEA 988 ESTÁ AQUÍ PARA AYUDAR**

**988 LIFELINE - PREGUNTAME SOBRE MI**

Haywood County HHS is an equal opportunity provider and employer.

# POSTPARTUM MENTAL HEALTH: SUPPORT FOR NEW MOTHERS



**HAYWOOD COUNTY  
HEALTH & HUMAN  
SERVICES**