



THIS IS MORE THAN THE

BABY BLUES

PERINATAL MOOD & ANXIETY DISORDERS (PMADs)

PMADs ARE THE #1 COMPLICATION OF PREGNANCY & NEW PARENTHOOD

PMADs OCCUR DURING PREGNANCY THROUGH THE FIRST YEAR

PMADs DO NOT OFTEN RESOLVE WITHOUT SUPPORT

ANY PARENT

CAN SUFFER FROM PERINATAL MOOD & ANXIETY DISORDERS



WITH HELP YOU CAN PREVENT A WORSENING OF SYMPTOMS & CAN RECOVER



IT IS ESSENTIAL TO RECOGNIZE SYMPTOMS & REACH OUT AS SOON AS POSSIBLE SO THAT YOU CAN GET THE HELP

YOU NEED & DESERVE

WHEN PMADs GO UNTREATED, THE IMPACTS CAN BE **PROFOUND**



- PRETERM DELIVERY
- LOW BIRTH WEIGHT
- LESS BREASTFEEDING
- BONDING CHALLENGES
- DEVELOPMENTAL DELAYS
- BEHAVIOR PROBLEMS



SUICIDE IS A LEADING CAUSE OF DEATH FOR NEW MOMS

IF YOU OR YOUR LOVED ONE IS STRUGGLING, **SPEAK UP** IT COULD SAVE A LIFE

IF YOU FEEL...

- SAD
- GUILTY
- HOPELESS
- LONELY
- HELPLESS
- WORTHLESS
- UNABLE TO MAKE DECISIONS
- CONFUSED
- ANXIOUS/TENSE
- ISOLATED
- POOR SELF-CARE
- LOW SELF-ESTEEM
- UNABLE TO LAUGH
- LOSS OF CONFIDENCE
- FULL OF DOUBTS
- MOOD SWINGS
- APPETITE CHANGES
- OVERWHELMED
- EXCESSIVE CRYING
- TIRED/EXHAUSTED
- EXTREMELY AGITATED
- **STRANGE VISIONS***
- **SCARY FANTASIES***
- **THOUGHTS OF HURTING YOURSELF OR YOUR CHILD***

& THESE SYMPTOMS HAVE LASTED MORE THAN 2 WEEKS, TALK TO YOUR DOCTOR, NURSE, OR MIDWIFE.



* ITEMS IN **BOLD** REQUIRE IMMEDIATE ATTENTION. PLEASE SEE YOUR DOCTOR.



**YOU ARE NOT ALONE
YOU ARE NOT TO BLAME
YOU CAN GET BETTER**

LOCAL RESOURCES

Symbols Key

- * Postpartum Support International (PSI) certified professional
- + Specific prenatal training completed
- ^-Telehealth services available
- M- Accepts Medicaid

Mental Health Support

Megan Baker Welles LCPC, LMFT, *
406-407-0935
Meganbakerwelles.com

Autumn Benedetti LCSW, TCTSY-F, E-RYT ^ M
406-282-8407

Camille Deitz, MA, LCPC, * ^ M
406-300-4263

Amy Esmay, LCPC* ^ M
406-892-3063
Parkviewtransitions.com

Christy Franklin, MS, LCPC, NCC, CCTP ^ M
406-406-9479

Megan Goudie, LCSW+ ^ M
406-201-9711
spottotalk.com

Christine Hurst, LCPC+ ^ M
christinehurst.com/
406-219-8689

Mindy Kalee, LCPC, LMHC ^ M
406-306-7683

Emily Lucas, LCPC, * M
509-435-2404
emilylucasounseling.org

Nicole Roberts, MS, LCPC, * ^
Telehealth only
701-526-4885
creativechangeefs.com

Erin Schweber LCPC, LMT, R-DMT+ ^ M
406-282-1858
bodymindnurture.com/

Sweetgrass Psychological Services

Kara Stansbury, LCPC, LMFT, * ^ M

Colleen Davis-Timms LCPC, LAC+ ^ M
406-298-5728
sweetgrasspsychological.com

Alexa Wells, PysD + ^ M
516-776-0086
dralexawells.com

Jena Willis, LCSW + ^ M
406-212-3293
Sunflowercounseling.com

Medical Providers

Greater Valley Health Center
Samantha Greenberg, MD, MPH * M
406-607-4900
greatervalleyhealth.org

Heart and Hands Midwifery and Family Healthcare
Misha Russ, CNM * M
Honey Newton, CNM, FNP * M
406-300-4511
heartandhandsmt.com

Kalispell Midwives
Jana Sund, CNM + M
Leslie Moody, CNM + M
406-858-8009
kalispellmidwives.clinic

Kalispell OB/GYN
Haley Peters, FNP-BC + M
Austin Rusher, WHNP-BC + M
406-752-5252
https://www.kalispellobgyn.com/

Logan Health Behavioral Health Clinic-Whitefish
Greta Beil, PA-C, MMSc, CAQ+ ^ M
406-862-1030
logan.org/health/locations/all-clinics/logan-health-behavioral-health-clinic-whitefish

Logan Health Midwives
Amber Lavin, CNM + M
406-751-8009
logan.org/health/locations/all-clinics/logan-health-midwives/contact-us

Logan Health OB/GYN + M
406-858-8200
logan.org/health/locations/all-clinics/logan-health-ob-gyn

Peer Supports

Baby Bistro-Postpartum Peer Group
flatheadvalleybreastfeeding.org
Locations in both Kalispell & Whitefish

Postpartum Resource Group

The Circle-Peer Support Meetings
postpartumresourcegroup.org/peer-support-meetings

WIC Breastfeeding Peer Support
Jennifer Mahlum
jmahlum@flathead.mt.gov

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Support Networks

Healthy MT Families Home Visiting
406-751-8120
flathead.mt.gov/department-directory/health/community-health/healthy-montana-families

Logan Health OB Mother Baby Clinic-Kalispell
406-751-6667

The Network-Postpartum Doula and Community Support
406- 282-1160
postpartumresourcegroup.org/the-network

Other Resources

Abbie Shelter
Abbieshelter.org
406-752-7273 (24-hour helpline)

LIFTS Online Resource Guide
hmhb-lifts.org

Nurturing Center
406-756-1414
nurturingcenter.org/

Psychology Today Providers
psychologytoday.com/us/therapists/mt/kalispell?category=pregnancy-prenatal-postpartum

The link lists providers who have indicated that they feel comfortable seeing clients who are pregnant or postpartum on their Psychology Today profile. However, their level of expertise and specific training in regards to perinatal mood disorders may vary.



This guide was created by the Flathead Valley Perinatal Mental Health Coalition

Maternal Mental Health Hotline

Call/Text: 1-833-943-5746

PSI Help Line

Call/Text: 1-800-944-4773

Warmline by Healthy Mothers Healthy Babies

Call: 406-430-9100

Flathead County Mental Health Crisis Line

406-752-6262

Suicide Prevention Line

Call: 988

Montana Crisis Text Line

Text: MT to 741741

NEED HELP NOW?

