



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
- T-Telehealth services available
- M- Accepts Medicaid
- n-Provider doesn't take insurance.
- ~ Preferred method of contact

Mental Health Support

Megan Baker Welles LCPC, LMFT, *nT

406-407-0935

~ meganbakerwelles@gmail.com

Autumn Benedetti LCSW, TCTSY-F, E-RYT M T

~ 406-823-0853

~autumn@alchemyintegrativehealing.com

Camille Deitz, MA, LCPC, +M T

~ 406-300-4263

~ risingsunwellness.mt@gmail.com

Amy Esmay, LCPC* M T

406-892-3063

~ info@parkviewtransitions.com

Christy Franklin, MS, LCPC, NCC, CCTP T

406-407-9479

Christine Hurst, LCPC+ M T

christinehurst.com/

406-219-8689

Mindy Kalee, LCPC, LMHC +T

406-306-7683

~ mindykalee@gmail.com

Emily Lucas, LCPC, *M T

~509-435-2404 (call/text)

emilylucascounseling.org

Erin Schwebel LCPC, LMT, R-DMT* ^M

406-282-1858

~ erin@bodymindnurture.com

Sweetgrass Psychological Services

Gaelen Engler LCSW +M

Colleen Davis-Timms LCPC, LAC+ M

406-298-5728

~hello@sweetgrasspsychological.com

Alexa Wells, PysD +T n

~ 516-776-0086

dralexawells.com

Marillee Norvell, MS, LCPC +M

~ 406-607-0994 (call/text)

mmnorvell@gmail.com

Mental Health Support continued

Jena VonFeldt, LCSW +M (Telehealth only)

~ 406-212-3293 (call/text)

jena@sunflowercounseling.com

Medical Providers

Greater Valley Health Center

Samantha Greenberg, MD, MPH *M

Heather Brown, DNP, PMHNP-BC+M

406-607-4900

greatervalleyhealth.org

Heart and Hands Midwifery and Family

Healthcare

Misha Russ, CNM *M

406-300-4511

heartandhandsmt.com

Kalispell Midwives

Jana Sund, CNM +M T

Leslie Moody, CNM +M T

Haley Peters, FNP-BC +M T

406-858-8009

kalispellmidwives.clinic

Logan Health Behavioral Health Clinic-

Whitefish

Greta Beil, PA-C, MMSc, CAQ+ MT

406-862-1030

logan.org/health/locations/all-clinics/logan-

health-behavioral-health-clinic-whitefish

Logan Health OB/GYN/Midwives +M

406-858-8200

https://www.logan.org/location/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

Support Networks

Healthy MT Families Home Visiting

406-751-8101

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 (Mon-Fri 9AM-9PM)

Nurturing Center

406-756-1414

nurturingcenter.org

Psychology Today Providers

psychologytoday.com/us/therapists/mt/kalispell?ca-

tegory=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.

LIFTS Online Resource Guide

hmhb-lifts.org



This guide was created by the Flathead Valley Perinatal Mental Health Coalition- updated 4/16/2024.

NEED HELP NOW?



Maternal Mental Health

Call/Text :1-833-852-6262

PSI Help Line

Call/Text: 1-800-944-4773

Suicide Prevention Line

Call: 988

Montana Crisis Text Line

Text: MT to 741741

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