



DEPRESSION IS THE #1 COMPLICATION OF CHILDBIRTH

Untreated postpartum mood and anxiety disorders have multigenerational consequences,
These conditions are treatable!

If you, or someone you know is suffering with postpartum depression, reach out to your health care provider!



Healthy Mothers, Healthy Babies
The Montana Coalition



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You're not alone.

One in six women in Montana experiences depression during pregnancy.



IF YOU, OR SOMEONE YOU KNOW IS SUFFERING WITH POSTPARTUM DEPRESSION, REACH OUT TO YOUR HEALTH CARE PROVIDER!



Half of women with a PMAD are not treated

Perinatal or postpartum mood and anxiety disorders (PMADs) are distressing feelings that occur during pregnancy (perinatal) and throughout the first year after pregnancy (postpartum).

HELP IS AVAILABLE
REACH OUT TO YOUR HEALTH CARE PROVIDER



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WHEN A MOTHER HAS A
PERINATAL MOOD DISORDER

10% of fathers

WILL ALSO EXPERIENCE A
MOOD DISORDER.



Help is available

**IF YOU, OR SOMEONE YOU KNOW IS SUFFERING WITH POSTPARTUM
DEPRESSION, REACH OUT TO YOUR HEALTH CARE PROVIDER!**



WHY IS DIAGNOSIS AND TREATMENT SO IMPORTANT?



**ONE STUDY FOUND 16% OF
WOMEN WERE DEPRESSED
2-4 MONTHS POSTPARTUM
AND 15% WERE STILL
DEPRESSED AT 30-33
MONTHS**

Help is available. If you, or someone you know is suffering with postpartum depression, reach out to your health care provider!



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