

Do you know the **#1** complication of pregnancy and childbirth?

## ANXIETY and DEPRESSION

These illnesses affect up to 1 in 5 women during pregnancy or the first year postpartum.  
They are caused by changes in biology, psychology, hormones, and environment.

*You are not alone. You are not to blame. With help, you will be well.*

### WOMEN EXPERIENCING THESE ILLNESSES SAY:

I'm supposed to be happy...why do I feel so sad?  
I worry all the time.  
Why am I such a failure?  
I feel like the worst mother in the world.  
Everything would be better if I got a good night's sleep.  
I'm having thoughts that are scaring me.  
Why can't I 'snap out of it'?  
I want to run away.

### SIGNS and SYMPTOMS

Overwhelmed  
Anxious  
Angry  
Sad  
Guilty  
Irritable  
Hopeless  
Exhausted but can't sleep

### WHERE TO GO FOR HELP

**Postpartum Support Virginia** helps new and expectant mothers and their families overcome perinatal mood and anxiety disorders by providing **FREE** support, information, and resources.

Visit Postpartum Support Virginia's website at [www.postpartumva.org](http://www.postpartumva.org) to find:

- *support volunteers and support groups*
- *mental health professionals*
- *self-help and coping techniques*
- *additional resources*

Postpartum Support Virginia   
*Hope and help for new mothers*

703-829-7152  
[info@postpartumva.org](mailto:info@postpartumva.org)  
[www.postpartumva.org](http://www.postpartumva.org)  
Fact Sheet, Copyright 2015

## What To Expect....When You Arrive Home



- Your baby is a unique individual, born with a unique temperament. It may take a few days – or even a few weeks – to understand what your baby's different noises and cries mean. Babies don't arrive with an owner's manual, nor do they tell time. Just because all the books say babies eat every 3 hours doesn't mean YOUR baby will eat every 3 hours.
- The first few weeks can be a great deal of work. Life for a newborn consists of eating, digesting, sleeping, and crying. This cycle repeats 24 hours per day, 7 days a week. New parents often find themselves exhausted and overwhelmed, asking "How did this little baby change our life so much?"
- This intense period of hands-on parenting can cause even the most competent and confident parents to question their parenting skills. Adults who once were able to keep the house spotless, juggle competing priorities, and stay ahead of chores can find themselves drowning in dirty dishes, dirty laundry, and a dirty house. This is completely normal. Newborn babies need lots of love and holding. The dishes will wait.

Most new mothers (approximately 85%) will experience mood swings, lack of concentration, tearfulness, irritability and anxiety during the first few weeks.

These feelings are caused by a major lifestyle change and by changes in hormone levels.

Sometimes called the "baby blues," this is the normal adjustment period.  
These symptoms usually disappear in about three weeks.

*If these symptoms do not resolve by themselves – or if they worsen –  
you could be experiencing postpartum depression or anxiety.*

*Please turn over for more information, including where to go for help.*

Postpartum Support Virginia   
*Hope and help for new mothers*

703-829-7152  
info@postpartumva.org  
www.postpartumva.org  
Copyright 2015

Do you know the **#1** complication of pregnancy and childbirth?

## ANXIETY and DEPRESSION

These illnesses affect up to 1 in 5 women during pregnancy or the first year postpartum.  
They are caused by changes in biology, psychology, hormones, and environment.

### *PREDICTORS and RISK FACTORS*

#### PHYSIOLOGICAL FACTORS

##### **Mental health history**

- ☐ Personal history of mood/anxiety disorder
- ☐ Family history of mood/anxiety disorder

##### **Reproductive history**

- ☐ Miscarriage
- ☐ Fertility treatments
- ☐ Severe premenstrual syndrome
- ☐ Difficult pregnancy/labor/ delivery
- ☐ Hormone changes in pregnancy/postpartum

##### **General health**

- ☐ Thyroid changes
- ☐ Anemia
- ☐ Lack of sleep

#### INTERNAL FACTORS

##### **Personality and behavior**

- ☐ Perfectionist tendencies
- ☐ Self-esteem issues
- ☐ Difficulty with transitions

##### **Relationship and role issues**

- ☐ Partner
- ☐ Own mother

##### **Unrealistic / rigid expectations**

- ☐ Pregnancy/labor/delivery
- ☐ Motherhood
- ☐ Work

##### **Breastfeeding**

- ☐ Expectations, desires, ability
- ☐ Weaning

#### ENVIRONMENTAL FACTORS

##### **Trauma**

- ☐ History of childhood trauma
- ☐ Domestic violence
- ☐ Traumatic labor/delivery

##### **Social changes**

- ☐ Life change (new home, new job, change in work status, marriage)
- ☐ Loss or illness of loved one
- ☐ Isolation or lack of social support, especially from partner

##### **Other issues**

- ☐ Baby (health issues, colic, reflux)
- ☐ Financial stress
- ☐ Low income / immigrant status



# Do you know the #1 complication of pregnancy and childbirth?

## ANXIETY and DEPRESSION

These illnesses affect up to 1 in 5 women during pregnancy or the first year postpartum. They are caused by changes in biology, psychology, hormones, and environment.

*The most successful **PATH TO WELLNESS** is a combination of...*

### SELF-CARE

*Many new mothers need to be "mothered" during the recovery from pregnancy and childbirth. Being a new mother, caring for a newborn, and maintaining home and family are challenging, especially if mom feels anxious or depressed.*

#### **Sleep. Nutrition. Exercise. Time Off.**

**Sleep.** Getting 4-5 hours of uninterrupted sleep is the most effective, least expensive thing a new mother can do to start feeling better. Brainstorm with partner, friends, and family how to maximize sleep. *Note: sleeping too much or not being able to sleep when baby sleeps may be signs of more serious depression or anxiety.*

**Nutrition.** New moms should eat every time baby eats. Water and a high-protein snack (yogurt, cheese stick, nuts) are good mini-meals.

**Exercise.** Gentle exercise – such as a walk around the block – can have terrific benefits. The combined effect of change of scenery, fresh air, Vitamin D from the sun, and endorphins released in the body can have a positive impact on mood.

**Time off.** No other job is so demanding, requiring being on duty 24 hours/day, 7 days/week. New moms need time off to recharge and rejuvenate, especially if feeling overwhelmed. The challenge is to identify and meet those needs, whether it's taking a shower, reading the newspaper, or talking with an old friend.

***New mothers must care for themselves so they can care for others.***

### SOCIAL SUPPORT

New moms often feel the need to connect with other new mothers, especially if experiencing anxiety or depression. Peer support groups offer non-judgmental listening, support, and encouragement from others experiencing similar issues. Leaders of these support groups are caring, empathic, and have survived these illnesses.

Social support can also be practical support: providing meals, babysitting, driving older children, running errands, doing laundry, tidying the house. All of these can help diminish the pressure a new mother feels.

***Postpartum Support Virginia has volunteers who provide one-on-one support via phone or social media and lead FREE peer-led support groups throughout Virginia.***

### TALK THERAPY

New moms may need to address topics such as their role as mother, changes in relationships, and communications with partner.

Talking with an objective third party – a social worker, psychologist, or professional counselor – can help put things in perspective.

***Postpartum Support Virginia has compiled a list of mental health professionals who specialize in treating new or expectant mothers experiencing anxiety or depression.***

### MEDICATION

Sometimes medication is needed to lessen persistent anxiety or depression. Several medications commonly used to treat anxiety or depression are widely considered safe to use during pregnancy or while breastfeeding.

These medications can be prescribed by primary care physicians, obstetrician/gynecologists, or psychiatrists.

***Postpartum Support Virginia has compiled a list of psychiatrists who specialize in treating new or expectant mothers experiencing anxiety or depression.***

## Postpartum Support Groups

[www.postpartumva.org/support-groups/](http://www.postpartumva.org/support-groups/)

Updated May 2019

Support groups are adjunct to – not a replacement of – medical treatment. Those with medical, mental or personal issues are strongly urged to seek advice from physicians and/or mental health professionals.

Groups are open to women during pregnancy or first year postpartum.

Groups are FREE, drop-in, and ongoing; no need to register.

No official diagnosis is required to attend.

Babies in arms are welcome.

## Long Distance Resources

Can't find someone to talk to close to home? Several resources are available online or via phone:

- Postpartum Support International offers weekly online support groups, including a group just for military mothers.
- Online PPD Support Group offers online moderated discussion forums about perinatal mood and anxiety disorders.
- Smart Patients Postpartum Community offers an online community where women can learn from each other about recovery, treatments, the latest science, and how it all falls into the context of their experience in a private space where they can feel comfortable sharing openly.

If this is a medical emergency or if you feel you might harm yourself or your baby, contact 9-1-1 or go to the nearest hospital emergency room.

National Hopeline Network

1-800-SUICIDE (1-800-784-2433)

## Local Support Groups

Inova Fairfax Women's Hospital  
3300 Gallows Rd, Falls Church  
5<sup>th</sup> floor lobby/Atrium  
1<sup>st</sup> & 3<sup>rd</sup> Thursdays each month  
11:30am – 1pm  
[Fairfax@postpartumva.org](mailto:Fairfax@postpartumva.org)

Inova Fair Oaks Hospital  
3600 Joseph Siewick Dr, Fairfax  
Conference Center; ask at reception desk for directions  
1<sup>st</sup> & 3<sup>rd</sup> Thursdays each month  
7:30pm – 9pm  
[Fairoaks@postpartumva.org](mailto:Fairoaks@postpartumva.org)

Inova Alexandria Hospital  
4320 Seminary Rd, Alexandria  
HEC 1&2, 1<sup>st</sup> floor near auditorium  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday each month  
7:30pm – 9pm  
[Alexandria@postpartumva.org](mailto:Alexandria@postpartumva.org)

Virginia Hospital Center  
1701 N George Mason Dr, Arlington  
Lobby Classroom/Women & Infant Health  
2<sup>nd</sup> & 4<sup>th</sup> Thursdays each month  
12:30pm – 2pm  
[Arlington@postpartumva.org](mailto:Arlington@postpartumva.org)

Inova Loudoun Hospital  
44045 Riverside Parkway, Leesburg  
Suite 114  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays each month  
11:30am – 1pm  
[Loudoun@postpartumva.org](mailto:Loudoun@postpartumva.org)

Sentara Northern Virginia Medical Center  
2300 Opitz Blvd, Woodbridge  
Hylton Education Center  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month  
10am – 11:30am  
[Woodbridge@postpartumva.org](mailto:Woodbridge@postpartumva.org)

Novant/UVa Health Prince William Medical Center  
8700 Sudley Rd, Manassas  
Hyton Birthing Center  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays each month  
10am – 11:30am  
[info@postpartumva.org](mailto:info@postpartumva.org)

# NORTHERN VIRGINIA

These mental health professionals have experience or interest in treating women with perinatal mood and anxiety disorders.

PSYCHIATRISTS	PSYCHOLOGISTS	COUNSELORS	SOCIAL WORKERS
Dr. Cynthia Cohen 8301 Arlington Blvd, #505 Fairfax, VA 22031 703-573-7918	Tracy Ginter Bushkoff, EdD 3801 N Fairfax Dr, #62 Arlington, VA 22203 703-243-3432	Mary Tiernan Brough, LPC 11333 Sunset Hills Rd Reston, VA 20190 703-742-8540	Terri Adams, LCSW 3611D Chain Bridge Rd Fairfax, VA 22030 703-385-7600
Dr. Liza Gold 2501 N Glebe Rd, #204 Arlington, VA 22207 703-875-0435	Brenna Chirby, PsyD 1355 Beverly Rd, #225 McLean, VA 22101 703-957-7541	Dee Dunn, LPC 26 King St SE Leesburg, VA 20178 540-270-4516	Barbara Caceres, LCSW Church St NW, #300A Vienna, VA 22180 703-242-8223
Dr. Joseph Novello 44095 Pipeline Plaza, #240 Ashburn, VA 20147 703-723-2999	Maria Dittrich, PsyD 6801 Whittier Ave McLean, VA 22101 703-734-0787	Rebecca Hamilton-Hernandez, LPC 3801 N Fairfax Dr, #61 Arlington, VA 22203 703-527-0777	Debra Caplowe, LCSW 131 W Great Falls St, #101 Falls Church, VA 22046 703-795-4226
Dr. Mariana Niemtsoff 1001 N Vermont St, #102 Arlington, VA 22201 703-527-3766	Aaron Dodini, PsyD 1501 Lee Highway, #110 Arlington, VA 22209 703-909-5101	Gurusher Khalsa, Med, LPC 489B Carlilse Dr Herndon, VA 20170 703-742-7599	Harriet Dolinsky, LCSW 11363 Sunset Hills Rd Reston, VA 20190 703-471-0744
Dr. Miriam Roland 200 Little Falls St Falls Church, VA 22046 703-241-1275	Amy Glaser, PhD 3949 Pender Dr, #301 Fairfax, VA 22030 703-229-2387	Ana Lastra, LPC 15 E Loudoun St SW Leesburg, VA 20175 703-708-8255	Mary Lee Holley-Cerillo, LCSW 13890 Braddock Rd, #312 Centreville, VA 20121 703-830-9720
Dr. Audrey Rushin 8221 Willow Oaks Corp Dr Fairfax, VA 22031 703-289-7560	Caroline Hall, PhD, LCSW 3113 9th St North Arlington, VA 22101 703-812-0963	Isabel Kirk 3801 N Fairfax Dr, #53 Arlington, VA 22203 703-231-7991	Cherie Kitchell, LCSW 9000B Crownwood Ct Burke, VA 22015 703-851-2563
Dr. Jennifer Santoro 8550 Arlington Blvd, #300 Fairfax, VA 22031 703-207-0001	Virginia Jones PsyD 6362 Elm St, #230 McLean, VA 22101 703-550-4355	Deirdre Modesti, PhD, LPC 405 N Washington St, #104 Falls Church, VA 22046 703-525-0242	Carol S Miller, LCSW 124D E Broad St Falls Church, VA 22046 703-534-5100
Dr. Roy Stefanik 5675 Stone Rd, #320 Centreville, VA 20120 703-830-1500	Michael Oberschneider, PsyD 44095 Pipeline Plaza, #240 Ashburn, VA 20147 703-723-2999	Benta Sims, LPC 105 N Virginia Ave, #309 Falls Church, VA 22046	Leslie A McKeough, LCSW 105 Loudoun St, SE 3rd fl Leesburg, VA 20175 703-909-9877
	Alisa Schreier, PhD 131 W Great Falls St, #101 Falls Church, VA 22046 703-536-8799		Anna Stratton, LCSW 1495 Chain Bridge Rd, #202 McLean, VA 22101 571-277-6267