



My Feelings Matter

Many people experience emotional changes during and after pregnancy. You are not alone. These feelings are valid, and **support is available**. With help, you can feel like yourself again.

Here are some ways to start the conversation with your provider:

I am pregnant or have been pregnant in the last year, and...

I feel hopeless and have little interest in things I have always enjoyed.
Can you help me with these feelings?

I feel like a failure as a mother because I am not connected to my baby.
Should I be concerned?

I don't really know how to explain what I'm feeling, but I know something's
not right. Can we talk about my feelings?

Healthcare Provider:

Perinatal mood or anxiety disorders are common, affecting 1 in 5 pregnant or postpartum women. Your role is essential in identifying and supporting those who may be struggling. You don't need to be a specialist to make a difference. Your care and compassion can make a lasting impact.

What **You** Can Do

- **Listen** without judgement
- **Screen** for signs and symptoms of perinatal *mood disorders*
- **Assess** patient's emotional wellbeing
- **Treat** or refer based on your findings and comfort

Need Support?

Call PEACE for MOMS at **470-933-2233**

PEACE for MOMS is Georgia's Perinatal Psychiatry access program. We offer free clinician to clinician consultations for diagnosis, medication management, treatment planning, and finding resources.

