

## *Postpartum Emotional Support Program*

This support group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby.



We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.



**Postpartum Emotional Support Group meets weekly** in the activity room of the Elliot Childcare Center, located on the Elliot Hospital campus at  
**450 Massabesic St., Manchester, NH.**  
Parking is available in the circular driveway in front of the daycare center or in the parking lot.



Babies are welcome and sessions are free.

Please contact Alison Palmer with any questions related to this group:  
663-8927 or [palmer1@elliott-hs.org](mailto:palmer1@elliott-hs.org)



This support group does not replace the necessary medical treatment and counseling by a trained therapist or medical professional. **If you have any thoughts of harming yourself or your baby, please call your healthcare provider immediately.**



## *Postpartum Emotional Support Program*

### **Coordinator:**

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# *Postpartum Emotional Support Program*



*You are not alone.*

*You are not to blame.*

*With help, you will be well.*

## What is a Postpartum Mood Disorder?






Having a baby brings big changes in a woman's life. It is very normal for these changes to be overwhelming.










A postpartum mood disorder is a mental health disorder that can affect a woman after delivery, regardless of whether you are a first time mom or have had previous pregnancies. This can occur anytime in the first year after the birth of your baby.

## "This is not What I Expected"

The **"baby blues"** affects up to 80% of new mothers. You may feel elated one minute, and then very sad the next, or feel exhausted, tense, or anxious. While most moms move past the "baby blues" within the first two weeks, some moms struggle for longer.

**Postpartum depression** affects up to 20% of new mothers, and these feelings can persist throughout the baby's first year or longer. You may:

-  Not feel like yourself
-  Be sad and tearful
-  Feel exhausted, but unable to sleep
-  Have changes in eating or sleeping patterns
-  Feel overwhelmed and can't concentrate

-  Have no interest or pleasure in activities you used to enjoy
-  Feel hopeless or frustrated
-  Feel restless, irritable, or angry
-  Feel extremely high and full of energy
-  Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling, or "lump" in the throat
-  Feel guilty and ashamed, thinking you are not a good mother
-  Not be bonding with the baby, or be afraid to be alone with the baby
-  Have repeated scary thoughts about the baby
-  Have thoughts about harming yourself or your baby



**For more information about postpartum emotional support contact**

**Alison Palmer at 663-8927  
or [palmer1@elliott-hs.org](mailto:palmer1@elliott-hs.org).  
Voicemail is checked Mon-Fri.  
Support groups held weekly  
at Elliot Hospital Child Care  
Center Activity Room  
(450 Massabesic St).**

## What Does Postpartum Depression Feel Like?

*"It feels scary."*

*"It feels out of control."*

*"It feels like I'm never going to feel like myself again."*

*"It feels like each day is a hundred hours long."*

*"It feels like no one understands."*

*"It feels like my relationship cannot survive this."*

*"It feels like I'm a bad mother."*

*"It feels like I should never have had this baby."*

*"It feels like if I could only get a good night's sleep, everything would be better."*

*"It feels like I have no patience for anything anymore."*

*"It feels like I'm going crazy."*

*"It feels like I will always feel like this."*