



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

POSTPARTUM DEPRESSION AND HOW TO HELP

We all have times where we feel inadequate, alone, hopeless and just down on ourselves and others. This is very normal and especially during this stressful time of social distancing and isolation it can and does get overwhelming at times. If reconnecting with others through Facetime, Zoom, phone calls, if going for walks, watching a show, taking a nap or even doing a hobby does not help lift some of those feelings.

The thing is depression happens and it is overwhelming and scary at times. During this month of May we want to shed light on a depression or mental condition that is talked about even less and that is Post-Partum Depression or Post-natal Par-Natal Mood disorders. It happens far less than many realize as one in seven pregnant women will suffer from this disorder during pregnancy. Far less will seek help or express that they have or have had it during pregnancy.

So, what is it and why such a cloak of secrecy? Many view pregnancy and any mood disorder as the "baby blues" this is a short term condition all pregnant women have gone through. Lasting up to two weeks but it is short term and is usually caused by hormonal shifts in the women's body. Post-natal Mood Disorder is not that, it may at times seem like it but it is far longer time frame and has much deeper reasons. The other is the stigma that comes from the media and the stories of women who have done great harm to themselves or their children, this is during a break from reality and only one to two in a thousand births ever suffer from this severity of the condition. So people view that the disorder causes women to stop wanting to care for the infant. This is also a misnomer, many women care to deeply and worry too much that they will not or cannot do a task or chore to ensure that the child is safe. This called enteric thoughts; for example the mother is so worried about falling down the icy stairs, because they see themselves dropping the baby they refuse to leave the house, because they do not want harm to come to the children.

So how can we help, especially when we are required to social distance and limit contact with others?

- Talk to your provider or counselor about your feelings and moods

- Learn as much as you can about prenatal mood disorder
- Keep active; go for a walk, or other varieties of exercises
- Get enough rest and ensure you have some time for yourself; read before bed, sit outside after everyone has gone to sleep
- Eat healthy
- Zoom, Facetime, call a friend or family member to ensure you stay connected
- Reach out for support or more information

CENTENNIAL IS HERE TO HELP. COUNSELORS ARE AVAILABLE AND THE COMMUNITY SUPPORT LINE IS READY FOR YOU TO USE. YOU CAN FIND THOSE NUMBERS BELOW.

Sources/Resources:

For additional support during the COVID-19 Pandemic you can call Centennial's

COMMUNITY SUPPORT LINE

You can do this by calling your nearest Centennial office:

Akron - 970.345.2254, Burlington - 719.346.8183,
Cheyenne Wells - 719.346.8183, Elizabeth - 303.646.4519,
Fort Morgan - 970.867.4924, Holyoke - 970.854.2114,
Julesburg - 970.474.3769, Limon - 719.775.2313,
Sterling - 970.522.4392, Wray - 970.332.3133,
Yuma - 970.848.5412

PSI Helpline: For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.

FREE Online Weekly Support Groups: Led by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/p-si-online-support-meetings/>

FREE Psychiatric Consult Line: Your medical provider can call 800.944.4773 x4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



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Ages 0-5

Covers the following
counties:
Logan, Morgan

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the COVID-19 Pandemic you
can call Centennial's
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nearest Centennial office:

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- Limon - 719.775.2313
- Sterling - 970.522.4392
- Wray - 970.332.3133
- Yuma - 970.848.5412

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Ages 0-8

Covers the following
counties:
Morgan, Washington
& Yuma



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Ages 0-5

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Logan, Phillips, Sedgwick



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Ages 0-8

Covers the following counties:
Cheyenne, Elbert, Kit Carson,
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

WWW.CENTENNIALMHC.ORG

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