May 2nd-May 6th is a time to take a moment to recognize and bring awareness to Maternal Mental Health. 1 in 7 women and 1 in 10 men experience postpartum depression, anxiety and mood disorders. Recognizing symptoms of postpartum is important in getting the help you need to get better. It can be difficult to determine that you have symptoms of postpartum because you might naturally be tired and feel overwhelmed because you are adjusting to your life with a baby.

How is postpartum depression different than “baby blues”? Most new mothers – experts estimate about 80% — experience mood swings and weepiness during the first 2-3 weeks after giving birth. Sometimes called “the baby blues”, this is a normal adjustment period and resolves without any medical assistance.

**What postpartum looks like:**
- Deep Sadness, Hopelessness, Irritability, Anxious, Unable to Sleep, Obsessive, Panic, Guilt, Fear, Intrusive Thoughts

**What are some options if you’re feeling depressed:**
- Tell someone. Whether that is your significant other, family, friends, doctor or counselor
- Find a therapist you feel comfortable with
- Participate in sports or exercise
- Create a self-care plan tailored to your needs

**Why is this so important?** Depression is a serious medical condition that affects your whole body and can affect your family. Everyone in your family needs you to be healthy. Listed below are resources to help you through this journey.

**Resources:**
See all of our Centennial office numbers on page two.

**Postpartum Support International-Postpartum.net**
PSI Helpline 1-800-944-4773
Text “Help” to 800-944-4773 (English) 971-203-7773 (Spanish)

**Northeast Colorado Health Department**
- Logan County
  - 700 Columbine Street
  - Sterling, CO 80751
  - Phone: (970) 522-3741
- Morgan County
  - 228 W. Railroad Avenue
  - Fort Morgan, CO 80701
  - Phone: (970) 867-4918
- Phillips County
  - 127 E. Denver Street, Suite C
  - Holyoke, CO 80734
  - Phone: (970) 854-2717

**Sedgwick County**
- Washington County
  - 482 Adams Avenue
  - Akron, CO 80720
  - Phone: (970) 345-6562

**Phillips County**
- 529 N. Albany Street, Suite 1120
  - Yuma, CO 80759
  - Phone: (970) 848-3811

**Public Health Departments**
- Cheyenne County Public Health Department
  - 560 West 6th St N, Cheyenne Wells, CO 80810
  - 719-767-5616
- Elbert County Public Health Department
  - 75 Ute Avenue, Kiowa, CO 80117
  - 303-621-3144
- Kit Carson County Public Health Department
  - 252 S 14th St, Burlington, CO 80807
  - 719-346-7158
- Lincoln County Public Health Department
  - 326 8th St, Hugo, CO
  - 719-743-2426

**Caring Pregnancy Resource Center**
See all of our Centennial office numbers on page two.

MEET CENTENNIAL’S EARLY CHILDHOOD CONSULTATION TEAM

**AAMY NATION, MA, IMH-E® Infant Family Specialist**

Early Childhood Mental Health Consultant
821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
Cell (970) 571-2174
amyn@centennialmhc.org

*Ages 0-5*
Covers the following counties:
Logan, Morgan

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**ERIN POUNDS, MS, IMH-E® Infant Family Specialist**

Early Childhood Mental Health Consultant
821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

*Ages 0-5*
Covers the following counties:
Morgan, Washington & Yuma

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**SHANNON PARKER, MA ECE/ECSE IMH-E® Infant Family Specialist**

Maternal Mental Health Consultant
211 W Main St
Sterling, CO 80751
Phone (970) 522-4549
Cell (970) 571-5966
shannonp@centennialmhc.org

*Ages Prenatal-5*
Covers Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington & Yuma Counties

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**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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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 - 970.522.4342
Wray - 970.332.3133
Yuma - 970.848.5412

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WWW.CENTENNIALMHC.ORG
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Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades