

Maternal Mental Health Support

Perinatal mood and anxiety disorders can present themselves in many ways and can occur anytime from conception through two years after delivery. “Baby blues”, a normal adjustment period after birth, typically lasts 2-3 weeks. If you experience any of these symptoms post the initial adjustment period or they worsen, you may have a perinatal mood or anxiety disorder. A woman may experience some but not necessarily all of these symptoms. If you are or begin to experience any of the following symptoms, please consider talking with your healthcare provider or seeking help for treatment:

Deep Sadness	Feelings of Shame, Guilt or Inadequacy
Crying Spells	Severe Mood Swings
Hopelessness	Withdrawal from Family and Friends
Excessive Worrying	Confusion or Disorientation
Intense Irritability or Anger	Hallucinations and Delusions
Loss of Appetite	Paranoia
Inability to Sleep, Even When the Baby is sleeping	Difficulty Bonding with the Baby
Overwhelming Fatigue	Thoughts of Harming Yourself or the Baby
Lack of Joy in Life	Attempts to Harm Yourself or the Baby

If you think you might be suffering from a mood disorder you are not alone. Mood disorders are common and treatable. The sooner you get help the better as treatment can help you and your baby live safe and healthy lives. Don't wait to reach out for help as early intervention can help your baby thrive.

Support, Resources, & Education

- Postpartum Support International [www.postpartum.net]: Online support groups (for mood disorders, NICU parents, grief & loss), education, resources, & linkage to local support for parents & families.
- Maternal Mental Health [maternalmentalhealth.org]: Referrals, support, and education for parents & families.
- National Alliance on Mental Health [www.nami.org]: Online & in-person support groups, education, resources, & linkage to local support for individuals suffering from mental illness & their families.

Assessment & Treatment

- Psychiatric Evaluation Center (PEC) 800-991-5272
2151 College Avenue
Bakersfield, CA 93305

PEC is an evaluation center that provides crisis assessment & services for adults and children who are in need of urgent mental health services. Open 24 hours/day, 7 days/week.

- Kern County Mental Health ACCESS Center 661-868-8111 or 800-991-5272
2151 College Avenue
Bakersfield, CA 93305

ACCESS is a mental health intake center that facilitates linkage to specialty mental health services. Open Mon-Fri, 8am to 4pm. No appointment necessary.

**For all private and other insurances contact your insurance group to inquire of mental health providers & services*

Hotlines

- National Suicide Hotline: 800-273-TALK (8255)
- Kern County Mental Health Crisis Hotline: 661-868-8000 or 800-991-5272
- Postpartum Support International: 800-944-4773 or text 503-894-9453 (English)/971-420-0294 (Español)
- National Alliance on Mental Health: 800-950-NAMI (6264) or text “NAMI” to 741741

Some content obtained from postpartum.net & maternalmentalhealth.org

