



REFERRING TO OUR NEW PARENT SUPPORT GROUPS

Refer ALL your patients to a new parent SUPPORT GROUP.

Here's **why**:

- Support groups aren't just for moms who are struggling; they **prevent** perinatal mood and anxiety disorders (PMADs) too! Isolation is the # risk for postpartum depression!
- **PMADs are common** – about 20% of mothers and 10% of fathers will experience them. They are the number one complication of pregnancy, and even more prevalent in low socioeconomic communities.
- **PMADs have serious consequences** – for parents and babies – if untreated. They can last longer than the postpartum year, can impair bonding, and increase the odds of child abuse and neglect. Babies of parents with untreated PMADs can be impacted by development, self-regulation, and behavioral problems.
- Make a point to **refer moms experiencing risk factors such as**: breastfeeding struggles, a fussy baby, prior infertility, an unplanned C-section, or a complicated birth. These are red flags for perinatal struggles.
- **PMAD support groups are effective** in reducing PMADs up to 59%. Plus they improve mothers' perception of their baby and their parent-child interactions.
- **Support groups help** by
 - **Reducing isolation**, which is a leading cause of PMADs.
 - Offering psycho-education about perinatal mental health.
 - Providing a pathway to higher levels of care.
 - Finding practical strategies to reduce symptoms and risk factors such as lack of sleep and self-care.
 - Normalizing difficulties of early parenthood in a non-judgmental space.
 - Decreasing child abuse and neglect.

50% OF MOMS WITH PMADs DON'T DISCLOSE AND DON'T GET HELP.

How to refer a mom to a support group

1. Give the parent Perinatal Support Washington's **new parent support group flyer**.
2. Give the parent Perinatal Support Washington's **brochure** that lists ways she can get support and information.
3. Direct the parent to www.perinatalsupport.org to find support groups and other resources.