

4 MAIN PMADS

POSTPARTUM ANXIETY

- constant worry
- intense fear of death
- irrational or disturbing thoughts
- inability to relax
- distracted

POSTPARTUM PSYCHOSIS

- hallucinations
- delusions
- intrusive thoughts
- hyperactivity
- rapid mood swings

POSTPARTUM OCD

- obsessive thoughts
- feeling like you have to do certain behaviors
- overly cautious in protecting baby

POSTPARTUM DEPRESSION

- depressive mood
- excessive crying
- struggling to bond with baby
- withdrawing from others