The #1 Complication of Pregnancy & Postpartum
PMAD Awareness Month in Michigan

More than 26,000 Michiganders and their families are affected by Perinatal Mood and Anxiety Disorders (PMAD) each year. PMAD includes depression, anxiety, bipolar disorder, obsessive compulsive disorder, post-traumatic stress disorder and psychosis that occur during pregnancy and up to 12 months after giving birth.

Although PMADs are clinically defined, treatable and amenable to support, education and intervention, they are the most under-diagnosed obstetric complication in the U.S. We recommend universal screening for the
We invite you to share with your clients or organization our Understanding Perinatal Mood & Anxiety Disorders brochure, to learn about the various PMAD symptoms, risk factors, options for treatment at Pine Rest and the support we provide. It is available online and the printed version can be ordered through our website, along with our other publications. Please note the number of copies you’d like in the comments section.

PMAD Info & Resources

Download Understanding PMAD Brochure (PDF)

Order Printed Copies

Understanding PMAD

Watch: Sarah DeYoung, LMSW Discusses PMAD Symptoms

Articles From Our PMAD Experts

New PMAD Therapy Group Starting in June

Screening Recommendations from Postpartum Support International

Conversation with Dr. Nagy Youssef on Research at Pine Rest
Internationally recognized researcher and behavioral health leader Dr. Nagy Youssef recently joined Pine Rest as Vice President of Research. In this interview with WOODTV, he talks about how current and future research initiatives will lead to better clinical outcomes for patients who struggle with substance use disorder, depression and more.

Watch Dr. Youssef on WOODTV

---

**Dialectical Behavior Therapy: A Lifeline for Borderline Personality Disorder**
Borderline Personality Disorder (BPD) is among the most misunderstood and stigmatized of all mental health conditions. Dialectical Behavior Therapy (DBT) is an intensive outpatient treatment program offered at Pine Rest and is considered the gold standard of treatment for those diagnosed with BPD. It focuses on teaching skills for mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

Read DBT: A Lifeline Article

A Deeper Look at BPD

BPD: Understanding Self-Harm & Suicidal Thoughts

May is Mental Health Awareness Month
Take Care of Yourself!
Healthcare workers focus every day on providing excellent patient care, however, it's sometimes at the expense of our own mental and physical well-being. It's crucial to intentionally put our own health first so we have the compassion, energy and clear thinking to take good care of others.

So, let's take some time to implement good mental health strategies! Visit the Self-Care section of our website for positive affirmations, self-care tips and more to give your mental health and wellness a boost anytime.

Mental Health Wellness Tips