**Risk Factors**
The following factors elevate a person’s risk, although sometimes PMAD occurs without any risk factors present.

- **#1 Predictor: History of anxiety/depression during pregnancy**
- Perfectionist personality
- Recent stressors: illness, divorce, move, job change, death, finances
- Personal or family history of depression, anxiety or PMAD
- Lack of social support
- Complications in pregnancy or with breastfeeding
- Traumatic labor and delivery
- Fussy, colicky, ill or high need baby
- Reproductive losses: miscarriage, abortion, infertility
- Unplanned pregnancy
- Stressful relationship with significant other
- Mother of multiples
- Mother of infant(s) in NICU
- Women with thyroid imbalance
- High expectations of motherhood

**Red Flags**
- Having trouble bonding with baby
- Confused, unable to care for self
- Suspicious of staff, visitors, family
- Especially difficult to interact with
- Experiencing mood instability like excessive anxiety or worry, sadness, irritability
- Experiencing scary thoughts
- Responding to internal stimuli
- Very withdrawn or shows loss of interest in normal activities

**What to Ask...**

**During Pregnancy**
- Are you feeling like yourself?
- How is your sleeping/eating?
- Do you have the support you need?
- Are you taking any medications?
- Have you had times where you feel more worried or sad?
- Have you ever taken medications for depression/anxiety?
- Are you taking any vitamins, supplements or herbs?
- Have you had severe mood changes during your periods?

**Postpartum**
- How are you feeling about being a mom?
- Is there anything more you think I should know about?
- Do you have any particular concerns?
- Can you rest when your baby is resting?
- Can you rest when you want to rest?
- How is your appetite?
- Are you feeling like yourself emotionally?
- Do you have the energy to do the things you need to do?
- Are you feeling more irritable than usual?
- Are you having any scary or unusual thoughts?
- Do you have any thoughts like, “Life isn’t worth living?”
- Do you ever wish to “fall asleep and not wake up?”

**PMAD Resources**

**Websites**
- Pine Rest PMAD Resources | pinerest.org/hope
- Pine Rest Mother and Baby | pinerest.org/moms
- Postpartum Support International | www.postpartum.net
- Postpartum Progress Blog | www.postpartumprogress.com

**Books**
- *Beyond the Blues: Understanding & Treating Prenatal and Postpartum Anxiety*, Shoshana Bennett & Pec Indman
- *Dropping the Baby & Other Scary Thoughts*, Karen Kleiman
- *Medications and Mother’s Milk 2014*, Thomas Hale & Hillary Rowe
- *The Postpartum Husband*, Karen Kleiman
- *Therapy & the Postpartum Woman*, Karen Kleiman
Pine Rest Services for PMAD

Pine Rest offers a full continuum of outpatient, inpatient and partial hospitalization services for people with PMAD. We participate with most health insurance plans. Our staff is happy to assist you or your patient with questions about coverage and payment.

Outpatient Services. We have many conveniently located outpatient clinics, all with comfortable environments and accommodations for both women and men with PMAD. Our dedicated staff includes many professionals with advanced training in PMAD treatment. Special attention is given to the unique needs of parents in this time of life.

Referrals are best made via fax, but can also be made by phone. For a copy of the referral form, call or visit pinerest.org/partners. Referrals can also be made through Great Lakes Health Connect.

Outpatient Services Referrals
Fax: 877.242.6963
Phone: 866.852.4001

Pregnancy & Postpartum HOPEline. Have questions or concerns about symptoms, resources or treatment? Call one of our toll-free and confidential HOPElines. All are welcome. Calls are returned within one business day.

HOPEline in Michigan
844.MOM.HOPE (844.666.4673)

HOPEline in Iowa
844.PMD.HOPE (844.763.4673)

Day Program. Our Mother and Baby Program provides a unique opportunity for pregnant and postpartum women to receive treatment in an environment enhancing mother-baby bonding. This partial hospitalization program includes a nursery and staff, so infants can accompany mom to daily treatment. For additional program information visit, pinerest.org/moms.

Many women are anxious to call, even if you have referred them. If you have your patient complete and sign our Consent to Contact form, we will call to assess their situation and recommend the level of services needed. For a copy of the Consent to Contact form, call or visit pinerest.org/partners.

Hospitalization. For men and women with severe symptoms, PMAD-sensitive treatment is available on our inpatient units. Staff includes nurses trained as lactation consultants, and social workers and physicians with advanced training in PMAD.

Inpatient & Day Program Referrals
616.455.9200 or 800.678.5500

Community Partners Resources Online
Do you need help, outpatient referral forms, the Mother and Baby Consent to Contact form or release of information forms? Visit our Community Partners Guide online.

Community Partners Guide
pinerest.org/partners