May is Perinatal Mood & Anxiety Disorders (PMAD) Awareness Month. Not just postpartum depression, PMAD can also include anxiety, bipolar disorder, obsessive compulsive disorder, post-traumatic stress disorder and psychosis that occur during pregnancy and up to 12 months after giving birth. They affect birth mothers as well as partners and adoptive parents. Pine Rest therapist Sarah DeYoung discussed PMAD symptoms and how we can better support new and expecting parents.

Watch Sarah's Interview on WZZM

Watch Sarah's Interview on eightWest

More Insights from Our PMAD Specialists
Our weekly group is open to any woman currently pregnant through one year postpartum. Facilitated by a licensed therapist, participants can expect to learn communication strategies, notice and challenge anxious thoughts, attachment strategies and proper boundaries with themselves and others. We will focus on self-care and relearning your identity with the added role of ‘parent’.

Learn More & Sign Up

Bringing Awareness to Borderline Personality Disorder

Credit: Yuichiro Chino
Borderline Personality Disorder (BPD) is among the most misunderstood and stigmatized of all mental health conditions. Learning about BPD can help reduce stigma, encourage individuals with BPD to seek ongoing treatment, and equip us to better support our friends and family who have been diagnosed.

A Deeper Look Into BPD

BPD: Understanding Self-Harm & Suicidal Thoughts

Dialectical Behavior Therapy: A Lifeline for BPD

Support Group: Family & Friends of Loved Ones with BPD

The Family and Friends Class is a 4-session educational series designed to increase understanding of the illness and equip family and friends with tools for coping effectively. Offered at our Northwest Clinic and the Traverse City Clinic.

New sessions starting soon! Register before the deadline by calling the clinic where you wish to attend this group.

Learn More & Sign Up

Is the News Stressing You Out?
Negative news causes us to be more pessimistic about our own lives and prospects for the future. For those struggling with mental health concerns, it has the potential to be a trigger. Dr. Mark Steenwyk explains why and offers advice on how to counteract the effects of negative news.

Tips for Surviving the Negative News Cycle

Your Mental Health Matters!
May is Mental Health Awareness Month

Remember to be good to yourself!

Watch Video!

May is Mental Health Awareness Month! Visit our website for positive affirmations, self-care tips and more to give your mental health and wellness a boost anytime.

Mental Health Wellness Tips

Upcoming Support Groups & Community Classes

May 24 | Nurtured Heart Approach® Class

1 full-day workshop (in-person)
Southwest Clinic | 9:00 a.m. – 4:00 p.m.

This is a unique opportunity to learn the skills of the Nurtured Heart Approach® in one day and how it can enrich your life and relationships. This class welcomes parents, legal guardians, grandparents, foster parents, other family members, educators and other professionals.

Filling up fast; register today. Learn More.

Complete List of Available Groups & Classes
Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to sign up today!