



### **Recovering from PPD**

Recent news reports describe the case of a mother drowning her newborn. Without being privy to details of this tragic situation, we would like to bring awareness and information to the community about postpartum distress (PPD).

PPD describes the range of physical, emotional and behavioral changes that mothers can experience following the birth of their child. Symptoms can range from mild to severe; left untreated, postpartum symptoms may get worse. Depression and anxiety are the most noticeable.

Women with PPD are not alone and are not to blame for this illness. With proper help there is recovery. There is no reason to suffer ([www.postpartum-depression.net/Pecindman.com](http://www.postpartum-depression.net/Pecindman.com)).

The Postpartum Wellness Warmline, 831-372-535/831-455-8963 in Spanish, is sponsored by The Parenting Connection of Monterey County. Also, there are two monthly support groups, one in Monterey and one in Salinas.

Primary-care physicians, county mental health (755-5505), Outpatient Behavioral Health, CHOMP (625-4600) and for crisis, local ER are resources.

The Birth Network of Monterey County will host a documentary on PPD in 2015, "The Dark Side of the Full Moon." If you want more information or wish to support this outreach, see

[www.birthnetworkofmonterey.com](http://www.birthnetworkofmonterey.com)

— Carol Jungwirth, Gail Root, co-chairs, BNMCO