

POSTPARTUM PSYCHOSIS

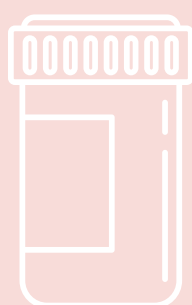


Information for Mothers

HOW CAN PP BE TREATED?

There are effective treatments for postpartum psychosis, typically a class of medication called an "atypical antipsychotic." Although the name can be alarming, these types of medicines are a well-studied and reliable way to reduce psychotic symptoms. A doctor may also prescribe a mood stabilizer or sedative, depending on your symptoms. In addition to medication, therapy and support groups can be an important part of a treatment and recovery plan. If you are interested in learning more about PP treatment, explore research at MGHP3.org/Research

SHOULD I TAKE MEDICATION?



Postpartum psychosis is an episodic illness, and like a broken bone, it needs medical treatment to heal. Work with a psychiatrist to find the medication that best works for you, and do not discontinue without their guidance. If your provider has questions, refer them to our consult service at www.mghp3.org/consult-line.

I'M SCARED TO TELL MY DOCTOR WHAT IS HAPPENING TO ME:

Even though it can be scary to share your symptoms, telling your doctor honestly what you're experiencing will help you get well as soon as possible. If you are worried about being away from your baby, remember that taking time to heal and rest will allow you to resume the mother role sooner and stronger than ever.

Even after your symptoms have recovered, you will likely have some remaining sadness about missing out on the early weeks of motherhood. This is normal, and talking to a therapist, friends, family, or your doctor can help. It may take time to feel confident in your relationships and motherhood.

I FEEL ALONE. DOES THIS HAPPEN TO ANYONE ELSE?



Although you may feel like you're the only one in the world with postpartum psychosis, there are thousands of women like you. You can connect with many of them online or in person through postpartum support groups, and read their stories, watch videos of them, and see how they have recovered on our website.

DOES HAVING POSTPARTUM PSYCHOSIS MAKE ME A BAD MOM?

Not at all. By seeking help you are doing the best you can for you and your baby. Many mothers before you have had this experience and are wonderful mothers. Although things may feel scary now, you can recover and be the mom you dreamed of soon.



**The Postpartum
Psychosis Project**

at Massachusetts General Hospital

Find resources,
research, and more
at MGHP3.org or
call (617)-643-7205

in partnership with Postpartum
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If this is a psychiatric emergency, please call your
doctor or 911 and go to your
nearest emergency room.