



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

POSTPARTUM DEPRESSION, ANXIETY AND MOOD DISORDERS

May 2nd-May 6th is a time to take a moment to recognize and bring awareness to Maternal Mental Health. 1 in 7 women and 1 in 10 men experience postpartum depression, anxiety and mood disorders. Recognizing symptoms of postpartum is important in getting the help you need to get better. It can be difficult to determine that you have symptoms of postpartum because you might naturally be tired and feel overwhelmed because you are adjusting to your life with a baby.

How is postpartum depression different than “baby blues”? Most new mothers – experts estimate about 80% — experience mood swings and weepiness during the first 2-3 weeks after giving birth. Sometimes called “the baby blues”, this is a normal adjustment period and resolves without any medical assistance.

What postpartum looks like:

Deep Sadness, Hopelessness, Irritability, Anxious, Unable to Sleep, Obsessive, Panic, Guilt, Fear, Intrusive Thoughts

What are some options if you’re feeling depressed:

- Tell someone. Whether that is your significant other, family, friends, doctor or counselor
- Find a therapist you feel comfortable with
- Participate in sports or exercise
- Create a self-care plan tailored to your needs

Why is this so important? Depression is a serious medical condition that affects your whole body and can affect your family. Everyone in your family needs you to be healthy. Listed below are resources to help you through this journey.

Resources:

See all of our Centennial office numbers on page two.

Postpartum Support International-Postpartum.net

PSI Helpline 1-800-944-4773

Text “Help” to 800-944-4773 (English) 971-203-7773 (Spanish)

Northeast Colorado Health Department

Logan County
700 Columbine Street
Sterling, CO 80751
Phone: (970) 522-3741

Sedgwick County
118 W. 3rd Street
Julesburg, CO 80737
Phone: (970) 474-2619

Morgan County
228 W. Railroad Avenue
Fort Morgan, CO 80701
Phone: (970) 867-4918

Washington County
482 Adams Avenue
Akron, CO 80720
Phone: (970) 345-6562

Phillips County
127 E. Denver Street, Suite C
Holyoke, CO 80734
Phone: (970) 854-2717

Yuma County
529 N. Albany Street,
Suite 1120
Yuma, CO 80759
Phone: (970) 848-3811

Public Health Departments

Cheyenne County Public Health Department
560 West 6th St N, Cheyenne Wells, CO 80810
719-767-5616

Elbert County Public Health Department
75 Ute Avenue, Kiowa, CO 80117
303-621-3144

Kit Carson County Public Health
Department
252 S 14th St, Burlington, CO
80807
719-346-7158

Lincoln County Public Health
Department
326 8th St, Hugo, CO
719-743-2426



Caring Pregnancy Resource Center- www.neco-cpc.org
Postpartum Support International. (2022). Postpartum Support International. Retrieved from <https://www.postpartum.net/>

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



AMY NATION, MA, IMH-E[®] INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
Cell (970) 571-2174
amyn@centennialmhc.org

Ages 0-5

Covers the following counties:
Logan, Morgan

For additional support during
the COVID-19 Pandemic you
can call Centennial's
**COMMUNITY
SUPPORT LINE**

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254
Burlington - 719.346.8183
Cheyenne wells - 719.346.8183
Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
Holyoke - 970.854.2114
Julesburg - 970.474.3769
Limon - 719.775.2313
Sterling - 970.522.4392
Wray - 970.332.3133
Yuma - 970.848.5412

ERIN POUNDS, MS, IMH-E[®] INFANT FAMILY SPECIALIST

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821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-5

Covers the following counties:
Morgan, Washington
& Yuma



SHANNON PARKER, MA ECE/ECSE IMH-E[®] INFANT FAMILY SPECIALIST

MATERNAL MENTAL HEALTH CONSULTANT

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549
Cell (970) 571-5966
shannonp@centennialmhc.org

Ages Prenatal-5

Covers Cheyenne, Elbert, Kit Carson,
Lincoln, Logan, Morgan, Phillips,
Sedgwick, Washington & Yuma Counties

WWW.CENTENNIALMHC.ORG

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*Centennial Mental Health Center es un proveedor
y una empresa de igualdad de oportunidades*