

# Postpartum Support Charleston

## SYMPTOMS OF MATERNAL MENTAL ILLNESS

- Anxiety, excessive worry
- Fatigue or sleeplessness
- Excessive crying
- Agitation/rage
- Hopelessness, loss of interest in activities
- Intrusive/scary thoughts
- Suicidal thoughts (ex. "This baby would be better off without me.")
- Racing thoughts
- OCD (ex. rigid timing/tracking of feedings or naps)

The information provided is for educational purposes only. It is not intended to diagnose or treat any medical or psychological condition. Please consult your health care provider for individual advice regarding your situation.

## SUPPORT OFFERINGS

### MOM MENTORS

We have a team of volunteers available to offer one-on-one peer support over the phone or in person. Leave a message or send a text to our warm line (843) 410-3585 and receive a response within 12 hours

### SUPPORT GROUPS

We invite you to join us in one of our groups, where we offer a safe, supportive environment for you to begin your journey to healing.

### ONLINE SUPPORT

We recognize that support over the phone or in person is not always the most convenient for new moms, so we host a private, women only, peer led Facebook group. Join us at Postpartum Support Charleston Support Group

## YOU ARE NOT ALONE.

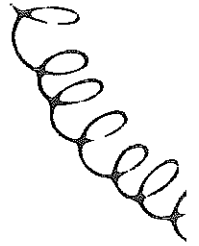
### Postpartum Support

Charleston is here for you. We are moms who have experienced mental health struggles and are here to support you. You will feel better, and we are here to help you find the best support options for your mental health.

## CONTACT US

[contact@ppdsupport.org](mailto:contact@ppdsupport.org)  
[www.ppdsupport.org](http://www.ppdsupport.org)

If you need immediate assistance, please call 911.



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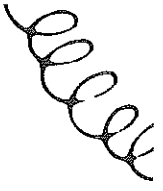
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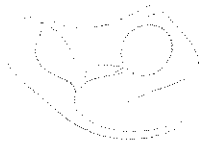
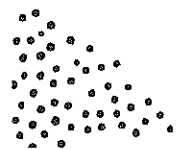
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## BEYOND DELIVERY

a program of Postpartum Support Charleston

### MOMS NEED SUPPORT.

Roughly 1 in 5 new mothers experience a maternal mental health illness. That's about 2,000 mothers each year in our community.

### BEYOND DELIVERY.

On October 1, 2021, we launched Beyond Delivery, a new delivery program providing new mothers with a homemade lasagna, infant care package, and support and resources.

### YOU CAN HELP.

We are accepting monetary donations and donations of diapers (Size 1), wipes, diaper cream, and lasagna ingredients. We are also accepting homemade lasagnas from the community.

For information on how to support moms in the community, or to learn more about the support options available to mothers, visit our website, [www.ppdsupport.org](http://www.ppdsupport.org) or scan the code below.



POSTPARTUM SUPPORT  
CHARLESTON



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