

## WHY GET HELP

*Women often neglect themselves when they become mothers. While this self-sacrifice may feel good for a while it will eventually hurt you, your baby and everyone else who is close to you. Whether you have recently given birth, adopted a child, or are worried about someone close to you, feel free to call me to discuss your concerns.*

I can be reached at  
(631) 793-0870  
Or via email at  
Elyse@thepostpartumhighway.com

My office is located  
just off 25A  
at  
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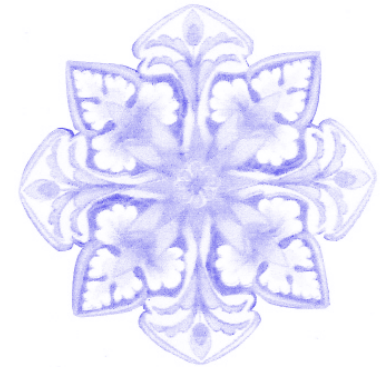
For more information go to my website  
[www.ThePostpartumHighway.com](http://www.ThePostpartumHighway.com)

Or read my blog  
[ThePostpartumHighway.blogspot.com](http://ThePostpartumHighway.blogspot.com)

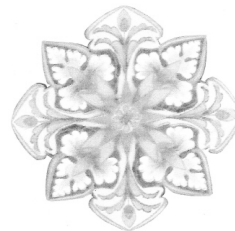
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TAKING CARE OF  
YOUR  
MENTAL HEALTH  
AFTER  
CHILDBIRTH  
OR ADOPTION



## ABOUT POSTPARTUM MENTAL HEALTH

Nothing turns your world upside down like having a baby. Whether it's your first or your fifth, wanted or not, it is a life altering event that will greatly impact your body, your emotions, your relationships, and the daily rhythm of your life.

Approximately 60-80% of women experience a period of temporary moodiness frequently referred to as "the baby blues." An estimated 15-20% of new moms experience more serious and persistent depression known as "postpartum depression" or "PPD."

A much smaller number of women develop more serious disorders after the birth of a child.

## WHAT CAUSES POSTPARTUM DEPRESSION?

PPD and other mental health problems associated with pregnancy are believed to be caused by the following factors:

- Rapid hormonal changes
- Fatigue and sleep deprivation
- Physical and emotional stress of giving birth
- Psychological stresses of new motherhood
- Disappointments regarding the birth, the baby, or supports

## SYMPTOMS TO WATCH FOR

- Mood instability or intensity
- Sadness or frequent crying
- Feeling overwhelmed, helpless or excessively worried
- Irritability, anger or frequent outbursts
- Difficulty making decisions or concentrating
- Feelings of excessive guilt or inadequacy
- Appetite or sleep disturbances
- Loss of interest or enjoyment
- Excessive fears
- Unusual thoughts that don't make sense to you

## Elyse Everett, LCSW

I have been a mental health professional for 30 years and a mom for 25. I have experience working with children, and couples, in addition to individual adults. During my career I've worked with a broad range of people and problems in a variety of settings. I continue to add new skills through post Master's training in order to give the very best services to my clients.

As a Therapist I work in the following ways to assist mothers.

- Provide a supportive and safe environment in which thoughts and feelings can be clarified and explored.
- Help you define goals and develop strategies for change
- Assess your mental health to determine whether referral for medication is advised
- Teach you stress reduction techniques.
- Help you find ways to nurture yourself and regain balance in your life