





## RISK FACTORS FOR POSTPARTUM MOOD DISORDERS AND SUBSTANCE USE DISORDERS:

- Mother is younger than 25
- Pregnancy was unplanned
- Mother has financial worries
- There is a lack of practical support (no one to help care for baby, run errands, take care of doctor, etc.)
- Lack of emotional support (for example, from partner, family, or friends)
- History of birth trauma (real or perceived): bad outcome, unplanned outcome, NICU stay, negative emotions surrounding labor and delivery
- Difficult infant temperament
- History of postpartum depression with prior pregnancy

### Helpful phone numbers:

- Postpartum Support International Help Line: 800 944-04774
- National Suicide & Crisis Lifeline: 988

References: *Postpartum Support International*, <https://www.postpartum.net>

<https://providerpublic.mybcbswny.com>

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