While many women experience some mild mood change or “the blues” during or after the birth of a child, 1 in 7 women experience more significant symptoms of depression or anxiety. 1 in 10 Dads become depressed during the first year.

**THINGS YOU CAN DO**

Being a good parent includes taking care of yourself. If you take care of yourself, you will be able to take better care of your baby and your family.

- Talk to a counselor or healthcare provider who has training in perinatal mood and anxiety problems.
- Learn about pregnancy and postpartum depression and anxiety.
- Get support from family and friends. Recognize that it’s okay to ask for help.
- Join a support group in your area or online.
- Keep active.
- Get enough rest and time for yourself.
- Eat a healthy diet.
- Don’t give up! It may take more than one try to get the right help you need.

**About Us**

CONNECTED is a medication management and support group for pregnant and postpartum women living with mood and anxiety disorders. Started in 2009 by Dr. Shannon Clark and Elizabeth DeFazio RN, this innovative care model provides support to women and their babies from early pregnancy through their child’s first year.

While CONNECTED is free of charge to its members, enrollment requires a referral through Dr. Clark’s OB clinic at UC Davis Medical Center.

**Contact Us**

If you would like to learn more about CONNECTED please contact us at connectedhealthclinic@gmail.com

You can also call the Postpartum Support International Warmline (1-800-944-4PPD) for additional information and to get connected to resources for help and healing in the community.

Open during business hours Pacific Time, or leave a message any time.
C.O.N.N.E.C.T.E.D. strives to promote the development and delivery of healthy infants by treating and supporting the emotional well-being of the mother. Through education, advocacy, supportive therapy and medication management our goal is to provide a supplemental adjunct to the existing pre-natal care of women with mood disorders.

Parents of every culture, age, income level and race can get Perinatal Mood and Anxiety Disorders. Symptoms can appear any time during pregnancy and the first year after childbirth. There are effective and well-researched treatment options to help you recover. Although the term “postpartum depression” is often used, there are actually several overlapping illnesses.

- **Pregnancy or Postpartum Depression**
  - Feelings of anger or guilt
  - Irritability
  - Lack of interest in the baby
  - Changes in eating and sleeping
  - Thoughts of hopelessness and sometimes thoughts of harming the baby or yourself.

- **Pregnancy or Postpartum Anxiety**
  - Extreme worries and fears, including the health and safety of the baby
  - Panic attacks

- **Pregnancy or Postpartum Obsessive-Compulsive Disorder**
  - Repetitive, upsetting and unwanted thoughts or mental images, and sometimes the need to do certain things over and over to reduce the anxiety caused by those thoughts. These moms find these thoughts very scary and unusual and are very unlikely to ever act on them.

- **Postpartum Stress Disorder**
  - Due to traumatic or frightening childbirth,
  - Flashbacks of the trauma with feelings of anxiety and the need to avoid things related to that event.

- **Postpartum Psychosis**
  - Seeing or hearing voices or images others can’t
  - Believing things that are not true and distrusting those around you.
  - This rare illness can be dangerous so it is important to seek help immediately.

Who We Are

Elizabeth DeFazio RN, MS
Caring for moms (and moms-to-be) has been my passion since I started nursing school two decades ago. In the 15 years I spent as an OB nurse, I saw many women struggle to become the great moms they wanted to be. They tried to enjoy their babies, but often found themselves anxious, depressed and feeling inadequate as mothers. They endured these times of transition alone and I witnessed the lack of support they received from their medical providers and community. I realized I had a duty to further my education so that I could provide more to these mothers than I could as a nurse. I returned to school and earned a master’s degree in counseling.

Dr. Clark is board certified in Family and Community Medicine and Psychiatry, and also completed a fellowship in Clinical Obstetrics. Her specialty interests focus on the care of pregnant women with mental illness or substance abuse. Dr. Clark also created and runs a weekly medication management and support group for women with mood disorders from pre-conception through one-year post-partum. The “CONNECTED” clinic provides medication management, education, advocacy and supportive therapy.