Ep. 71: Maternal Mental Health

Psychiatric nurse practitioner, Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about maternal mental health, how common postpartum mental health challenges are and what to do to get help.

Resources mentioned in this episode:

Postpartum Support International

MotherToBaby Maternal Mental Health Hub

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Ep. 71: Maternal Mental Health

Dr. Katayune Kaeni, aka “Dr. Kat,” joins host Chris Stallman to talk about maternal mental health including postpartum depression, anxiety and psychosis. Dr. Kat serves on the board of directors for Postpartum Support International. She’s a psychologist certified in Perinatal Mental Health. She works with pregnant, loss and postpartum parents in California.

She also hosts the Mom & Mind podcast.

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Ep. 71: Maternal Mental Health

Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, continues telling her story of postpartum depression and anxiety (also known as perinatal mood disorders). In this second part of the conversation, she talks about certain medications prescribed during pregnancy and breastfeeding.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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Ep. 71: Maternal Mental Health

Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, shares her story of postpartum depression and anxiety (also known as perinatal mood disorders). Even as an OBGYN, the often-debilitating condition was difficult to recognize during her own motherhood journey. Dr. Vernon joins host Chris Stallman, certified genetic counselor, to share the lesser-known symptoms of postpartum depression and anxiety and when it's time to get help.

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Ep. 71: Maternal Mental Health

Pharmacist Christy Pratt joins Chris Stallman, certified genetic counselor, to discuss mental health and weighing the risks of medication during pregnancy and breastfeeding.

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