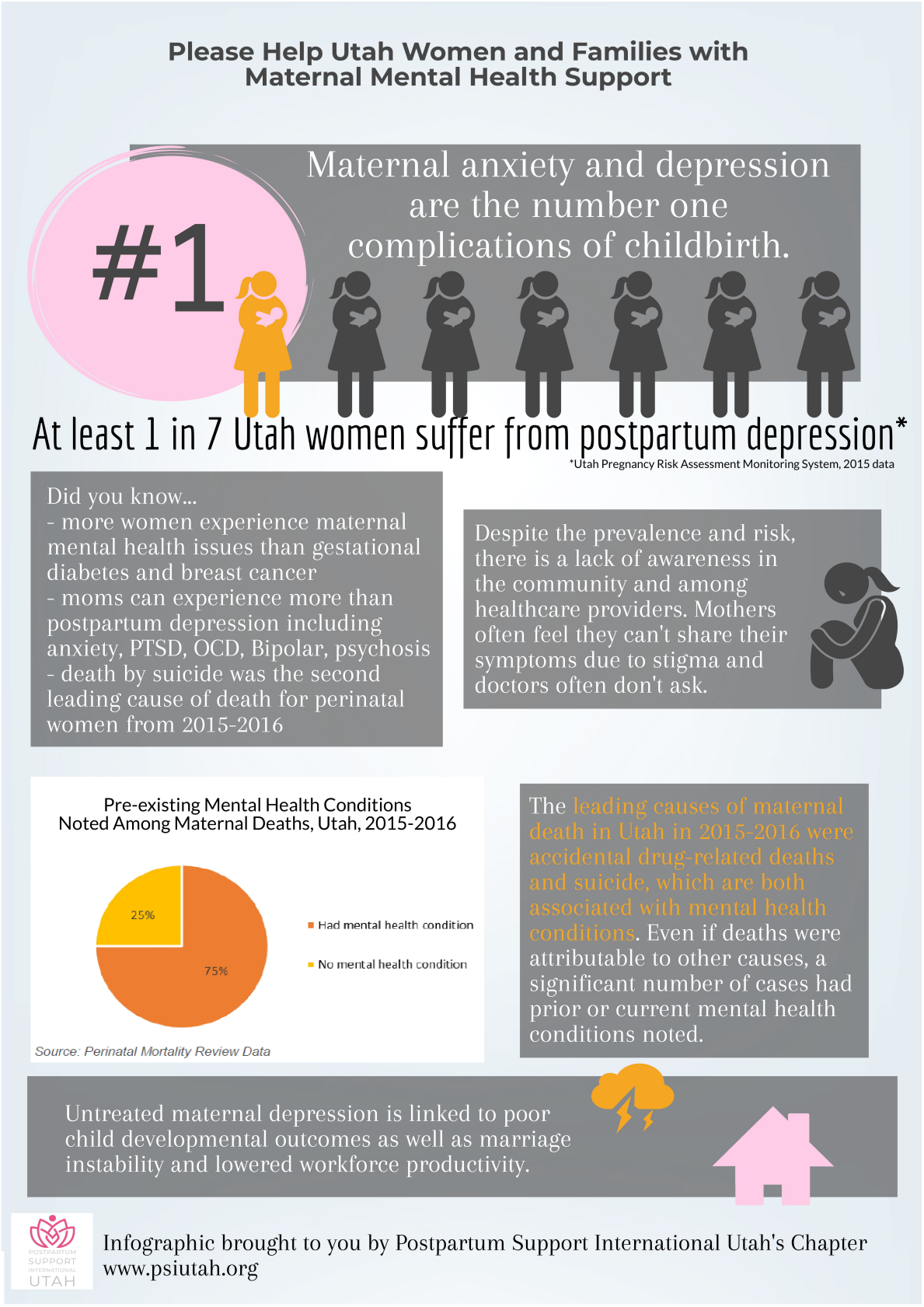
# Healthy Moms = Healthy Kids

## Published: Thursday, 12 January 2017 08:55
## Written by: Questions?



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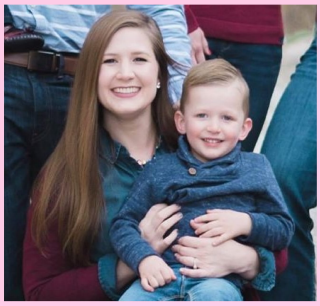
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# Voices of Utah Moms

I am a survivor of Postpartum Depression and Anxiety. My experience was one that completely turned my world upside down. After numerous medication adjustments, therapy, and eventually Electroconvulsive therapy procedures, I completely recovered. Because I survived, I want to do everything in my power to support other women and families who are affected by Perinatal Mood and Anxiety Disorders.

-Lexi Ramirez, Lehi





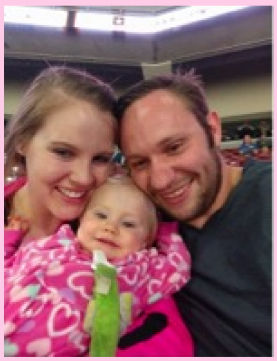
Sometime around weeks 6-8 of the pregnancy, I found myself on the floor of my bathroom in the early hours of the morning unable to sleep, sobbing, and contemplating terminating the pregnancy and ending my own life. It seemed to hit me literally overnight and it hit hard. Thanks to parents, siblings, and my wonderful Midwife, I was back on my feet within a few weeks. More women need to be educated about maternal mental health, including perinatal and postpartum struggles.

- Heather Dopp, Bountiful

I was suffering from panic attacks, flashbacks, severe anxiety, major rage, and intrusive thoughts about death. I didn't fit the checkboxes of postpartum depression, so I stayed silent and didn't get help for a very long time. Turns out I didn't have postpartum depression, but postpartum PTSD. So many moms are suffering in silence and just don't know they can get help.

-Alicia Glasscock, Riverdale





Three days after we came home it was like a switch had flipped and my biggest nightmare began. My mind was racing at all times. I was spiraling and I had no idea that this is so common with mothers. When my baby was almost three months old, I had gotten so bad I was now suicidal. I was convinced this was the best option for my family and myself. I was desperate. I found a therapist that specialized in Maternal Mental Health, and after my evaluation with her, I was sent to the Psychiatric inpatient lockdown unit. I could only see my baby a couple hours a day. Mothers should not suffer from this alone or in silence. We deserve more.

-Kelsie Oliver, Murray



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For Printable Version Maternal Mental Health Support Flyer

For 30 years now, Voices for Utah Children has called on our state, federal and local leaders to put children's needs first. But the work is not done. The children of 30 years ago now have children of their own. Too many of these children are growing up in poverty, without access to healthcare or quality educational opportunities.

**How can you be involved?**

Make a tax-deductible donation to Voices for Utah Children—or join our Network with a monthly donation of $20 or more.  Network membership includes complimentary admission to Network events with food, socializing, and opportunity to meet child advocacy experts. And don't forget to join our listserv to stay informed!

We look forward to the future of Voices for Utah Children and we hope you will be a part of our next 30 years.

*Special thanks to American Express, our "Making a Difference All Year Long" sponsor.* ®



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