



CREOKS
provides
support
and
resources
to move
toward
healing.



Contact

CREOKS Health Services
4103 S. Yale Ave. Ste.B
Tulsa, OK 74135
918.382.7300

CREOKS Health Services
2548 E. Kenosha St.
Broken Arrow, OK 74014
918.355.0993

Crisis Numbers

Postpartum Support International Helpline

8 a.m. - 11 p.m. EST

1.800.944.4773

Text in English: 800.944.4773

Text in Spanish: 971.203.7773

National Maternal Mental Health Hotline

Call or Text in English or Spanish.

1.833.852.6262

CREOKS Health Services promotes and improves lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness, and social services.

CREOKS is certified and partially funded by



CREOKS PERINATAL MENTAL HEALTH

Mental health problems during the perinatal period too often go unrecognized. If left untreated, these disorders can have long-lasting effects on parents, the baby, and families. Equipped with knowledge of these disorders and action plans on how best to support healing, recovery is possible. CREOKS offers this program in Tulsa and Broken Arrow.



Perinatal Mental Health Disorders

Perinatal mental health (PMH) disorders are the number one complication of childbirth. Occurring during pregnancy, post-loss or postpartum, PMH conditions not only impact the pregnant mother but also other family members, including fathers and partners.

PMH Conditions

- **Perinatal Depression** involves feelings of extreme sadness, indifference and anxiety, as well as changes in sleep, appetite interest in the baby.
- **Perinatal Anxiety** can present as a panic disorder, obsessive compulsive disorder and general anxiety. Symptoms can include panic attacks and intrusive thoughts.

1 in 5 women will experience a perinatal mental health disorder.



- **Perinatal Obsessive Compulsive Disorder (OCD)** is characterized by repetitive, unwanted, intrusive thoughts (obsessions) and irrational urges to do certain actions (compulsions). These behaviors often center around the safety of the pregnancy and baby.



1 in 10 fathers will experience a perinatal mental health disorder.

- **Perinatal Post-Traumatic Stress Disorder (PTSD)** is caused by traumatic experiences during pregnancy, delivery or postpartum. Symptoms could include nightmares, feeling detached and even flashbacks.
- **Bipolar Mood Disorders** is a brain condition that causes unusual shifts in mood and energy levels. 50% of women with bipolar disorder are first diagnosed in the postpartum period.
- **Perinatal/Postpartum Psychosis (PPP)** is a mental health emergency that distorts reality. This condition can cause hallucinations, delusions, paranoia and in severe cases, PPP may lead to self-harm or abuse/neglect of the newborn.