



Each year,
one in seven
new mothers
suffers from
postpartum
depression or
anxiety

Just the baby blues?

Childbirth can be a very stressful event, thanks to hormone fluctuations, physical changes and lack of sleep. Almost 80% of new mothers experience the "baby blues" shortly after birth.

It is normal to experience tearfulness, nervousness, moodiness, and feelings of dependency during the first two weeks. Experiencing these concerns past the first 2-3 weeks or more serious in nature may be postpartum anxiety and/or depression.

Pregnant women are also at risk. However, they often do not seek help because symptoms seem similar to those normally experienced during pregnancy.

You have options.

Because motherhood is expected to be a joyous time, many women don't seek help because they "are not supposed to feel this way." When they do speak up, they are often told that it will pass or to "get over it."

The good news is that treatment is often brief and highly effective. Early treatment is best. Additionally, treatment during pregnancy greatly improves the chances for a positive adjustment after childbirth.

Registered with BSE as Jacqueline Louise Silber, Licensed Marriage & Family Therapist

Meet Jacki

Jacki Silber is a Licensed Marriage and Family Therapist who has practiced therapy for over 20 years. She has special expertise in parenting, perinatal mental health, depression, anxiety, grief, and trauma. She is EMDR certified.

Jacki's focus on perinatal psychology began in 2000, after she struggled with depression and anxiety during pregnancy and following the birth of her child.

Jacki has since dedicated her career to helping women through the process of becoming mothers and raising children, as well as working with couples to sustain a healthy partnership inside their new family.

Jacki's counseling style is warm, caring, cooperative, respectful and practical. She has helped hundreds of women regain the joy of motherhood. Jacki sees parents individually or as a couple. Babies are always welcome.

Contact Jacki

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