

My Postpartum Psychosis Pits List

I was thinking back to when I had PP & of the things I found, & still find, the hardest to deal with. I formed a list & called it my 'Pits List' which may seem juvenile, but all these items really are the pits! They did nothing but increase the fear & stresses throughout & hinder my recovery. Even though this is a personal list, I know many women share these views & experiences. I was surprised by the number of items here that could be easily changed (highlighted in yellow). All these items impede rather than promote recovery & unnecessarily add to the distress of sufferers & their families. These inadequacies are something that all survivors of PP are acutely aware of, which explains why many are passionate about changing this. We know there are shortcomings & know these things can & will be changed. Advancements are being made & progress is happening, but there is still a long way to go. This list **MUST** shrink soon so that in the future, women & their families suffering with PP, will suffer less & have a far smoother journey to recovery.



I hate it that PP...

...is severe:

- ... is a prolonged illness & without a defined end, leaving sufferers with only a vague idea the duration.
- ... becomes the single focus of all efforts & energy at a time when baby should be the centre.
- ... can take lives & irrevocably destroy families.

...is unpredictable:

- ... can happen to anyone with or without history; no-one knows who it will strike.
- ... has so few answers yet - What causes it? How can it be prevented? Why me?

...has stigma:

- ... experiences are sensationalised in the media & sufferers can be represented as crazy, baby-killers.

...steals years:

- ... wipes out the first precious, irreplaceable baby years which are often the only chance of motherhood.

...is mainly unheard of:

- ... is mainly unknown & few understand how devastating & dangerous it can be.
- ... makes sufferers feel alienated as they rarely meet other sufferers.
- ... is difficult for friends & family to comprehend & realise what a mother is dealing with.

...is surrounded by ignorance:

- ... is mentioned in the same breath as 'baby blues', when they couldn't possibly be further apart.
- ... gets called 'Postnatal Depression' when it's different; there's far more to it than depression alone.
- ... professionals can lack experience & have misguided, limited knowledge in recognising & treating it.

...information is lacking:

- ... help & guidance is very limited & not easily available.
- ... finding quality, accurate information is difficult to find & in short supply.
- ... is a low priority for funding compared to other health issues.

...has high impact:

- ... either removes the opportunity of further children or adds additional stress & anxiety to further births.
- ... makes survivors fear that it might reoccur & leaves a feeling of fragility where every mood is analysed.
- ... affects future generations of your family; it can strike again but it's unknown as to who or when.
- ... is a life changing experience & takes so long to come to terms with.