



Stacey

Biography

Mother of three, wife,
freelance writer,
college marketing instructor

Diagnosis

After the birth of my third child, I felt overwhelmed, irritable, agitated, and was unable to sleep or cope with everyday activities. I was hospitalized for 12 days and was diagnosed with postpartum anxiety, panic disorder with psychotic features, major depressive disorder, and post-traumatic stress disorder. It was hard to hear these words and to be away from my children and husband.

Recovery

Have faith that you will get better. Accept help from people. I manage my health with plenty of sleep, yoga, antidepressants, and when I begin to feel overwhelmed, I take time out for myself. Today, I am recovered and share my story with new moms and clinicians around the world.

