


## CONNECT WITH ME

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### If you need help now:

- **National Postpartum Depression Warmline: 1-800-PPD-MOMS**
- **National Suicide Prevention Lifeline: 1-800-273-8255**
- **If you are experiencing a mental health emergency, call 9-1-1**

## ABOUT PERINATAL MOOD AND ANXIETY DISORDERS

Postpartum depression and anxiety affects 1 in 5 to 7 women. It is the most common complication following childbirth. Postpartum depression (PPD) is NOT the baby blues, which is considered a normal part of postpartum adjustment within the first two weeks post-birth.

PPD is typically an agitated depression, with symptoms of both depression and anxiety. When depressive symptoms dominate, we refer to it as PPD. When anxiety dominates, we refer to it as a postpartum anxiety disorder (postpartum panic, OCD and PTSD).

The term "perinatal mood and anxiety disorders" is the most inclusive and includes both the pregnancy and postpartum period. Symptoms may include frequent crying, mood swings, irritability, extreme fatigue, difficulty concentrating, sleep problems, loss of sexual interest, pervasive anxiety, appetite changes, negative scary thoughts, feelings of inadequacy, ruminating, hopelessness and despair. In addition, thoughts of suicide and feelings of anger, rage, shame and guilt are often present. These symptoms respond well to support and treatment.

## SARAH MARIE BOER LCSW, PMH-C

Licensed Clinical Social Worker  
Certified Perinatal Mental Health  
Specialist

*Licensed in Colorado, Illinois and Arizona*



## ABOUT ME

HI, I'M SARAH.

I am a Licensed Clinical Social Worker (LCSW) and Certified Perinatal Mental Health Professional (PMH-C) supporting moms and moms-to-be through all stages of their parenthood journey. We know that motherhood is highly rewarding, but it's also one of the most challenging things a person can do, and that's when everything goes as you expected it would go! When it doesn't, I am here to help.

I am passionate about working with moms who have been met with the unexpected, including post-abortion support and pregnancy loss, hyperemesis gravidarum, and perinatal mood and anxiety disorders such as postpartum OCD or postpartum depression. I especially enjoy supporting parents who are parenting special needs or medically fragile children.

When I am not working, you can find me spending time with my husband and two kids, enjoying all that Colorado has to offer!

## MY SERVICES

I offer 50 minute individual therapy sessions to people residing in Colorado, Illinois and Arizona. I work from a strengths-based perspective and incorporate a lot of mindfulness work and humor into therapy. I believe the therapeutic relationship can be healing in itself and I strive to create a space in which you feel supported, heard, and empowered.

As a mom who has experienced the unexpected myself, my focus is to provide therapy in a welcoming, calming environment that allows moms to feel safe and validated. Babies are always welcome, and I provide both in-person and convenient online therapy so we can meet wherever you may find yourself.

## A NOTE TO DADS

1 in 10 of all new dads experience depression after the birth of a baby. If you don't like how you're feeling or think that something's just not right, please reach out to me or another therapist for support.

**“Women need a private place they can go to talk, to cry, to be angry, to be by themselves, to rediscover who they are, and what they need and how they can get it. A place where they are safe to disclose their most secret and painful thoughts.”**

**-Karen Kleiman, LCSW  
Founder & Executive Director of the  
Postpartum Stress Center**