Mother’s Oasis a big help to Tucson moms with postpartum depression

By Carla Sheline

The description is a cruel one. Postpartum depression is a mental illness that can strike after the birth of a child. It’s a relatively common condition that can begin as soon as a week after delivery or anywhere from weeks to years after. The symptoms can include feelings of sadness, hopelessness, lack of energy, and difficulty sleeping. In severe cases, it can lead to thoughts of suicide or taking steps to harm oneself.

One of the most significant parts of postpartum depression is that it can affect anyone, regardless of income, education, or social status. It is estimated that 1 in 10 women will experience postpartum depression at some point in their lives. Those affected can struggle with daily activities, relationships, work, and even parenting.

In response to this, Mother’s Oasis was founded in Tucson, Arizona, with the goal of helping women who are struggling with postpartum depression. It is a 501(c)(3) non-profit organization that provides support and resources to those in need.

One of the key components of Mother’s Oasis is the Mother’s Circle, a support group for women who are dealing with postpartum depression. The circle is open to all women who are experiencing this challenging time in their lives. It is facilitated by experienced counselors who provide guidance, support, and resources to those who are attending.

In addition to the Mother’s Circle, Mother’s Oasis also offers individual counseling, medication management, and family therapy. These services are available to women who are unable to attend group meetings or who need more intensive support.

Mother’s Oasis is a critical resource for those who are facing the challenges of postpartum depression. The organization’s mission is to provide hope, support, and resources to women who need them. If you or someone you know is struggling with postpartum depression, consider reaching out to Mother’s Oasis for help. They are dedicated to ensuring that no woman faces this difficult time alone.