

# Signs and Symptoms of Depression

- Feeling very sad, anxious, cranky or totally overwhelmed
- Crying a lot or feeling hopeless
- Not caring for yourself (not eating, getting dressed or bathing)
- Trouble sleeping when tired, or sleeping too much
- Things don't seem fun or interesting anymore
- Worrying too much about your baby
- Having little interest in your baby
- Fear of being alone with your baby
- Confusion or trouble concentrating
- Not wanting to see family or friends
- Feeling that your baby would be better off without you

If you have thoughts of hurting yourself or your baby, find help right away! Call 911 or go to the nearest Emergency Room.

## YOU ARE NOT ALONE!

Depression is the most common complication of pregnancy. The good news is that it can be treated. Get help now: feel better for you and your family.

# Helpful Resources

## A Mother's Wings

To find a counselor or mental health provider  
1-800-456-3249 or [www.mhacolorado.org](http://www.mhacolorado.org)

## The Kempe Center

For information & treatment in metro Denver  
303-864-5845 or [www.kempe.org/ppd](http://www.kempe.org/ppd)

## Postpartum Support International (PSI)

1-800-944-4PPD or [www.postpartum.net](http://www.postpartum.net)

## Other Online Resources

- [www.ppdsupportpage.com](http://www.ppdsupportpage.com)
- [www.mededppd.org/mothers](http://www.mededppd.org/mothers)
- [www.mchb.hrsa.gov/pregnancyandbeyond/depression](http://www.mchb.hrsa.gov/pregnancyandbeyond/depression)

## My Community Mental Health Center

## My closest Emergency Room

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## Other people I can call

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# A New Baby...



# How Do You Feel?



## How *do* I feel?

Having a baby can be one of the happiest and most important events in your life!

It also can be stressful at times. Many physical and emotional changes can happen to a woman during pregnancy and after giving birth. Some women may feel sad, hopeless or cranky during this time.

Everyone feels this way sometimes, but when these feelings occur during or after pregnancy and last for two weeks or longer, it may be a sign of depression.

Being aware of these feelings and how you can care for yourself is very important for you and your baby.



## Is it the Baby Blues?

As many as 80 percent of new mothers have the Baby Blues. Signs include crying, mood swings, having a short temper or being very sensitive. The Baby Blues go away without special treatment, usually within 10 days after giving birth.

## Is it something more?

If these feelings linger or get worse, you may have postpartum depression (PPD). As many as one in eight new mothers have PPD, making this the most common complication of pregnancy.

Check out the list of signs and symptoms in this brochure. The more you know about depression, the more you'll know what to do if you have it. Depression can be treated. Getting help means that you are looking out for your family and yourself.

Any woman can develop depression during or after pregnancy. Sometimes the causes of depression are unknown, but there are some things that increase the risk of developing depression:

- A difficult pregnancy or birth
- Personal or family history of depression
- Problems with your husband or partner
- Little support from family and friends
- Major life stress (such as money problems, moving, death of a loved one)

## What can I *do*?

**Tell someone how you feel.** A close friend, family member or your health care provider can help you find the support you need. You will feel better if you are treated.

**Take care of yourself.** Try to get enough sleep and rest. Eat healthy foods. Be active! Go for a walk with your baby.



## What can family and friends *do*?

- Listen to her and take her concerns seriously.
- Seek help for her from a health care professional.
- Help her with the baby and with household tasks. She needs sleep and time for herself!