A New Baby...

How Do You Feel?

Helpful Resources

A Mother’s Wings
To find a counselor or mental health provider
1-800-456-3249 or www.mhacolorado.org

The Kempe Center
For information & treatment in metro Denver
303-864-5845 or www.kempe.org/ppd

Postpartum Support International (PSI)
1-800-944-4PPD or www.postpartum.net

Other Online Resources
- www.ppdsupportpage.com
- www.mededppd.org/mothers
- www.mchb.hrsa.gov/
  pregnancyandbeyond/depression

My Community Mental Health Center

My closest Emergency Room

Other people I can call

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.

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