

## Postpartum Depression-How To Know If You Have It

While many women experience some mild mood change or “the blues” during or after the birth of a child, 10 to 20% of women experience more significant symptoms of depression or anxiety. Any woman can suffer from pregnancy or postpartum mood or anxiety disorders. However, with informed care, you can prevent a worsening of symptoms and can fully recover. It is essential to recognize symptoms and intervene as soon as possible so that a mother can get the help she needs and deserves.

### MOTHERS

- Are you feeling sad or depressed?
- Is it difficult for you to enjoy yourself?
- Do you feel more irritable or tense?
- Do you feel anxious or panicky?
- Are you having difficulty bonding with your baby?
- Do you feel as if you are “out of control” or “going crazy?”
- Are you worried that you might hurt your baby or yourself?
- Do you have a personal or family history of depression or anxiety?
- Do you have a history of a thyroid imbalance?

### FAMILIES

- Do you worry that something is wrong but don't know how to help?
- Do you think that she is having problems coping?
- Are you worried that she may never get better

These concerns are reason to reach out for help. You can contact your family counselor, Lactation Consultant, your OB doctor for help. The following is an excellent source as well:

### PHONE SUPPORT

800-944-4PPD. PSI Warmline offers support, information and resources in your community, in English or Spanish. Answered by staff during business hours, Pacific Time. *Leave a message any time.* “Chat with an Expert” phone sessions each Wednesday. Talk with other women and a PSI facilitator on a free, anonymous phone session. Details at [www.postpartum.net](http://www.postpartum.net)

Provided by: [WWW.POSTPARTUM.NET](http://WWW.POSTPARTUM.NET)