

Who is at risk?

All women are at risk for depression before, during and after pregnancy.

70% of women have some symptoms of depression during pregnancy. Only a few need treatment.

Use of tobacco, alcohol and other drugs can contribute to depression.

There *are* physical illnesses that can cause feelings of depression.

Women with a history of depression, especially postpartum depression, and women with a difficult or traumatic delivery should watch for signs of depression and be sure to tell their doctor or nurse about their history.

Call IMMEDIATELY if you feel like hurting yourself or the baby

Who to call

Your doctor:

National Crisis Helpline

1-800-784-2433

Virginia's Human Services Information & Referral

1-800-230-6977, 804-543-7853

Postpartum Support International (P.S.I.)

805-967-7636, www.postpartum.net

PPD Moms

1-800-PPD-MOMS, www.ppdmoms.org

You may also want to contact your local community services board for more resources. Check your local government listings for mental health services.

Developed by the Central Commonwealth Perinatal Council: 804-828-5949. 12/03 www.vcu.edu/ccpc

Region VI, Perinatal Coordinating Council is funded by Virginia Department of Health, Maternal and Child Health Services Block Grant, Title V.

Depression During Pregnancy and Beyond

Are you feeling:

Restless?

Irritable?

Sad all the time?

Worthless?

Hopeless?

Guilty?

Sluggish?

Tired?

Not interested in anything?

Even sex?

Worried you might harm the baby?

Overly concerned about the baby
or...

Not interested in the baby?

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Baby Blues

Postpartum blues are a normal part of early motherhood beginning 2-3 days after the baby is born and lasting about two weeks.

The blues go away. These things can help:

- Talking to your friends or family.
- Getting plenty of rest.
- Exercise, go for walks.
- Join a group of other new mothers.

If the blues don't go away talk to your doctor or nurse.

Don't wait.

It can't hurt to ask.

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Depression

Depression can happen at any time and unlike baby blues is still present 2-3 weeks after the baby is born and up to a year later.

Depression...

- keeps you from doing things you normally do.
- can make you lose weight because you're not hungry or your stomach hurts too much to eat.
- can make you gain weight because you eat all the time.
- makes everything boring.
- makes you feel like, "I just can't cope".
- makes you feel guilty about things that aren't your fault.
- makes you overly concerned about the baby or not interested in the baby at all.
- at its worst it makes you think about hurting yourself or the baby.

Treating depression

Your nurse or doctor can help

So can...

- accepting help from friends or family.
- asking for help if you need it.
- talking to someone; a professional, friends or family about how you feel.
- getting exercise.
- eating good food.
- having someone baby-sit so you can take a break.

Medicine may help.

Your doctor can prescribe medicine even if you are breastfeeding.

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