

Test Yourself

For each question, choose which answer best describes your current condition.

Self Test

Yes No

Are you emotionally drained and unable to see the lighter side of life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you no longer look forward to anything?	<input type="checkbox"/>	<input type="checkbox"/>
Do you unnecessarily blame yourself for things?	<input type="checkbox"/>	<input type="checkbox"/>
Are you worried or anxious for no reason?	<input type="checkbox"/>	<input type="checkbox"/>
Are you frequently panicked or scared for no reason?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel overtaken by everything?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Are you sad or miserable?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often find yourself crying for no reason or over the "little things"?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt like harming yourself or your child?	<input type="checkbox"/>	<input type="checkbox"/>

If you mark **YES** on four or more questions, please tell your doctor or nurse-midwife.

For 24 Hour immediate assistance call the Jefferson Center for Mental Health Emergency number at 303-425-0300.

For a Life or Death Emergency, please call **911**.

Jefferson County Services

Jefferson Center for Mental Health
(303) 425-0300
www.jcmh.org

Jefferson County Public Health

- ◆ **Family Planning** - Reproduction Health
(303) 239-7078
- ◆ **WIC** - (Women, Infant, Children)
(303) 239-7143
- ◆ **Other Mental Health Resources**
(303) 239-7029

Additional Resources

COLORADO POSTPARTUM SUPPORT

POSTPARTUM SUPPORT INTERNATIONAL
(805) 967-7636
www.postpartum.net

HEALTHY EXPECTATIONS PROGRAM
CHILDREN'S HOSPITAL - 303-864-5252

Jefferson County Public Health

Lakewood
(303) 232-6301

Postpartum Depression



Feeling tired?
Feeling isolated?

Worried about
being a good mother?

You may be experiencing
postpartum depression . . .

but you are not alone.

Jefferson County Public
Health
303-232-6301
www.jeffco.us/health



What are the "Baby Blues"?

- ◆ Feelings of moodiness, fatigue, irritability worry and anxiety following childbirth.
- ◆ They begin within 7 days of childbirth, and usually last for 10 to 14 days.
- ◆ Up to 80% of new mothers will get the baby blues.



What is Postpartum Depression?

- ◆ Postpartum Depression (PPD) is a mental health problem that affects 20% of all mothers after childbirth.
PPD can include:
 - ◆ "Baby Blues" that do not get better.
 - ◆ **Trouble sleeping** even when you're tired.
 - ◆ **Irritability and moodiness** and no feeling of control.
 - ◆ **Fatigue:** always wanting to sleep, and not to get up.
 - ◆ **Anxiety and worry**, even panic attacks and depression.

Severe Symptoms Can Include:

- ◆ **Suicidal thoughts and thoughts of hurting your baby**
- ◆ **Rapid mood swings**

Causes

The exact cause of PPD is not clear, but major changes the mother goes through during this time appear to be the trigger. These could include:

- ◆ Hormonal fluctuations
- ◆ Lack of support from friends, or more importantly, family
- ◆ Relationship problems with the father of the child
- ◆ A difficult childbirth
- ◆ A very demanding baby



Some Facts About PPD

- ◆ 10%-20% of expectant and new mothers experience PPD.
- ◆ Women are more likely to be treated for mental health symptoms during the first two years during and after pregnancy than any other time in their lives.
- ◆ Most anti-depression medications are safe to use during breastfeeding.
- ◆ **Postpartum Depression is not your fault.**

Getting Better... Staying Healthy

Nutrition-

- ◆ Eat more fruits and vegetables.
- ◆ Avoid caffeine, alcohol and non-nutritious foods.

Pay Attention to Your Needs-

- ◆ Find time for yourself to do things you enjoy.
- ◆ Rest whenever the baby rests, even if you are not tired.
- ◆ Pay attention to what stresses you, and avoid it if possible.
- ◆ Don't be afraid to ask for help.
- ◆ Exercise your body.

How Can Family and Friends Help?

- ◆ Take care of yourself, in case your help is needed.
- ◆ Take her concerns seriously.
- ◆ Encourage rest and healthy practices.
- ◆ Frequently reassure her.
- ◆ Accompany her during medical visits.
- ◆ Help her to set limits for herself.

