



Remember...

Perinatal depression and anxiety are common health conditions that need to be treated.

You are not alone.

With help, you can feel better.



If you think you might have perinatal depression or anxiety, don't wait. Reach out today.

Talk to your doctor, nurse or midwife.

Call a helpline.

Postpartum Support International
1-800-944-4773 or Text: 503-894-9453
For support and local resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
To talk to a crisis counselor 24/7 about *any* mental health issue

If you feel like hurting yourself or the baby, this is a medical emergency. Call 911 or go to the nearest Emergency Room



For More Information

Moms' Mental Health Matters
www1.nichd.nih.gov/ncmhhep

Postpartum Support International
www.postpartum.net

MotherToBaby
<https://mothertobaby.org>
Experts on Medicines & More During Pregnancy & Breastfeeding

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Depression and Anxiety During and After Pregnancy

What every mother should know



Perinatal depression is a condition that many pregnant women and new mothers struggle with. A woman with this condition may feel very sad or very anxious. Perinatal depression can make it hard for a woman to take care of herself or her baby.

“Perinatal” means “around the time of birth.” We call it “perinatal depression” because it can occur during pregnancy or within a year after birth.

It can happen to any mother.

1 in 7 women will experience perinatal depression. It can affect women of any age, race, ethnicity, culture, income or education.

It's more than the “baby blues.”

Many women feel tearful, stressed and exhausted when they bring their new baby home. But if these feelings last for more than 2 weeks, you may have perinatal depression or anxiety.



Signs and Symptoms

Perinatal depression and anxiety affect women in different ways, but here are some of the common symptoms:

- ☐ Feeling sad or hopeless most of the time
- ☐ Lack of interest in things you used to enjoy
- ☐ Less interest in caring for yourself (dressing, fixing hair)
- ☐ Trouble concentrating
- ☐ Trouble coping with daily tasks
- ☐ Constant worry about your baby
- ☐ Sleeping or eating too much or too little
- ☐ Feeling very anxious or nervous
- ☐ Unexplained irritability or anger
- ☐ Unwanted or scary thoughts
- ☐ Feeling that you are not a good mother
- ☐ Thoughts of hurting yourself or your baby

If you are experiencing any of these symptoms, it's important to let your doctor, nurse, or midwife know, right away.

There are treatments that work.

The good news is that perinatal depression and anxiety can be treated. Your doctor, nurse or midwife can help you get started with a treatment that can help you feel better.

Effective treatments include:

- **Counseling:** This involves talking with a therapist (social worker, counselor or psychologist) about how you feel and ways to cope.
 - **Medicine:** In some cases, a doctor will prescribe medicine to help relieve symptoms.
 - **Social support, including support groups:** Getting together with other moms or friends can help you feel better and get support from others.
- You can use one of these methods or combine them. Getting the right treatment can make all the difference for you, your baby, and your family.