

How do I cope?

- *Rest or sleep when your baby is sleeping*
- *Accept help from others*
- *Take time for yourself*
- *Express your feelings*
- *Join a group of new mothers or parents*
- *Find a caring listener, sometimes talking about it helps*
- *Avoid overloading yourself with additional responsibilities*

THERE IS HELP!

Who can help me and my family?

- Public Health Nurse
- Family Resource Center
- Family Doctor or Nurse Practitioner
- Mental Health Crisis Line 1- 888-737-4668
- Newfoundland & Labrador Health line: 811
- www.centralhealth.nl.ca




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www.centralhealth.nl.ca
Contact your local health care provider
or Mental Health Crisis Centre 1-888-737-4668

Post Partum Depression (PPD) Can it happen to me?



PPD is a mood disorder that can begin during pregnancy and lasts 6 weeks or longer after childbirth. It can interfere with daily functioning and may need medical attention.

Postpartum depression (PPD) can happen to anyone.

Who can get PPD?

Any child bearing woman regardless of race, income, culture, religion, age or education is at risk for postpartum depression.

15% of all new mothers experience PPD.

During pregnancy, and after the birth or adoption of your baby, you may feel happy and excited. You may also feel sad and stressed. It is normal to experience many different feelings and emotions.

In the first week or two, new mothers may have times when they feel worried or sad and cry easily. These feelings are called the "baby blues".

For some mothers these feelings go on longer or come back later and become a serious health problem, which is called postpartum depression. PPD symptoms range from mild blues to despair.

PPD strikes without warning.

It is not your fault.

There is no specific cause.

It is real. It can be treated.

10% of women experience depression during pregnancy.

Risk factors for postpartum depression include:

- A birthing experience that did not go as planned
- Lack of sleep
- A plunge in the level of your hormones after delivery
- A history of postpartum depression, other type of depression or bipolar disorder.
- Family history of depression
- Lack of support from family, partner, and friends
- High life stress, such as a sick newborn, financial troubles, or family problem
- Unplanned pregnancy
- Loss of freedom, identity or self esteem



The symptoms of PPD include (you may feel):

Category 1:

- Sad
- Weepy
- Guilty
- Isolated
- Angry
- Resentful
- Exhausted
- Anxious
- Tense

Category 2:

- Ashamed
- "Not Yourself"
- Overwhelmed
- Drained
- Excessive crying
- Lonely
- Helpless
- Mood swings
- Full of doubt
- Appetite changes
- Physical symptoms

Category 3:

- Hopelessness
- Worthlessness
- Low self-esteem
- Oversensitive
- Distracted
- Confused
- Extremely agitated
- Panic attacks
- Inability to laugh

Category 4:

- Loss of control
- Loss of confidence
- Thoughts of hurting yourself
- Thoughts of hurting your baby
- Scary fantasies
- Hallucinations

The symptoms in categories 2, 3 and 4 are more serious. If you are experiencing any of these symptoms you need to contact your health care provider.