

Phone Support:

Postpartum Support International (PSI)

541.728.3427—local warmline (will call back within 24 hours) Caring support and links to community resources

Health and Social Service Information

Call 211

Central Oregon Crisis Line

1.866.638.7103

National Suicide Prevention Lifeline

1.800.273.8255

24-hour, free crisis counseling

Websites:

healthoregon.org/perinatalmentalhealth

Information and links to services for Oregon women, families and providers

postpartum.net

Join our GROUP on Facebook

Postpartum Support International

suicidepreventionlifeline.org

Thank you to Contra Costa County and California WIC program for this brochure script. To request the brochure in an alternate format, please call 541.330.4640 or email anna.johnson@deschutes.org.

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Early Childhood Wellness

LASTS A LIFETIME

www.deschutes.org/ecwellness

A GUIDE TO PERINATAL DEPRESSION AND ANXIETY



*"I feel guilty
and ashamed that
I feel so bad.
I think I should
feel happy."*

*Will these
feelings of sadness
go away?"*

If you have feelings of sadness or stress during pregnancy or after delivery, you may have **perinatal depression** or **anxiety**. "Perinatal" refers to the time you are pregnant through the baby's first birthday.

Are you feeling...?

- Sad or hopeless, or like you cannot cope
- Little interest or pleasure in doing things
- Overwhelmed or stressed
- Worthless or guilty
- Worried or restless
- Irritable or angry
- Like crying

Do you have...?

- Trouble concentrating, remembering or making decisions
- Little or no energy
- Trouble sleeping or sleeping too much
- Thoughts that scare or disturb you
- Thoughts or plans of hurting yourself or your baby****

Are you...?

- Pulling away from friends and family
- Afraid to be alone with your baby
- Losing interest in bathing, fixing your hair or getting dressed
- Eating too much or too little
- Not feeling connected to or concerned about your baby
- Seeing or hearing things that others do not****

Sometimes family and friends notice your symptoms before you do.

Love and support can help but may not be enough.

If the symptoms do not go away within 2 weeks, you should see a doctor or a counselor for treatment. **When you get the right treatment, you will feel better.**

**** If you have the symptoms in bold, this is an emergency.
Call your doctor or the crisis line at right, or go to the emergency room.**

*"I haven't felt
like myself.
How do I know
if I need help?"*

Central Oregon
Crisis Line
1.866.638.7103


**Early
Childhood
Wellness**

LASTS A LIFETIME

DID YOU KNOW?

50–80% of new mothers experience the baby blues.

1 in 4 Oregon mothers experience depression or anxiety during or after pregnancy.

1 mother out of 1,000 may have a serious condition—postpartum psychosis.

1 in 10 fathers experiences depression before or after the birth of their child.

Baby Blues

This is normal and will go away in a few weeks after the birth of the baby. If the feelings do not go away after 2 weeks, or are severe, it may be perinatal depression or anxiety.

Depression During and After Pregnancy

Perinatal depression can occur during pregnancy or any time in the first year after birth. It may not go away without treatment, which can include medication and/or counseling. With help you will feel better.

Anxiety During and After Pregnancy

It is normal to worry about your baby. But if you cannot relax, or the worry gets in the way of your enjoyment or connection with the baby or others, there is a problem. Some women with perinatal anxiety get racing or scary thoughts that are difficult to stop.

Postpartum Psychosis

If you have thoughts of hurting yourself or your baby, or see/hear things others do not, this is an emergency. Call your doctor or a crisis line immediately or go to the emergency room for help.

Depression in Fathers

Fathers can feel the same overwhelming stress as mothers. They need and deserve support and treatment to feel better.

What can cause Perinatal Depression or Anxiety?

Anyone can get perinatal depression or anxiety. They are illnesses that need to be treated. Some of the causes may be:

- A personal or family history of depression, bipolar disorder or anxiety
- Life stress, lack of support, isolation
- Life trauma (abuse or violence, discrimination or racism, traumatic birth)
- Hormone changes

“I want to be a good mother, how does Perinatal Depression affect my child?”

Being depressed or anxious while you are pregnant or a new mom may affect your baby and your family.

Sometimes depression or anxiety makes it hard to interact with the baby. As a result, babies may cry more and children may have learning and behavioral problems as they get older. It is important to get the help you need to have a healthy, happy family.

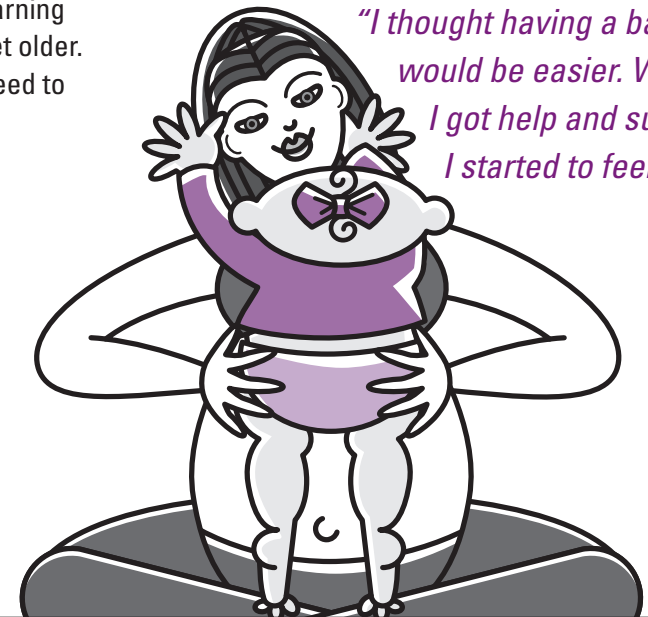
What can you do to feel better?

Talk with someone who supports you and understands how you feel. Talk with your doctor. He/She may refer you to a counselor. Your doctor will help you decide if medication would make you feel better.

What else helps?

- Resting or getting enough sleep
- Talking with friends, family and supportive people
- Asking for help around the house
- Getting physical activity every day
- Eating healthy foods and avoiding junk food
- Joining a group of new moms, going to community or church activities
- Taking breaks, doing the things you enjoyed before the baby was born like dancing, listening to music or talking with friends

“I thought having a baby would be easier. When I got help and support I started to feel better.”



**You are not to blame and it's not your fault.
With the right help, you will be well.**