

More Help Is Available

MATERNAL AND CHILD HEALTH HOTLINE (MCH)

1-800-722-2295

Website: www.mch-hotlines.org

This is a 24-hour statewide information resource.

Taking part in a postpartum depression support group may be helpful. Check with your health care provider or contact the MCH hotline for a support group near you.

POSTPARTUM SUPPORT INTERNATIONAL

1-800-944-4773 support warmline

Website: www.postpartum.net

A volunteer listens to the reason for the call and then offers information, education and a referral.

“I’M LISTENING”

Website: www.janehonikman.com

This website supports families.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-2433)

1-800-SUICIDE (1-800-784-2433)

TTY: 1-800-799-4TTY (1-800-799-4889)

Website: www.suicidepreventionlifeline.org

National 24-hour toll-free hotline.

Mood Scale

Choose the answer that comes closest to how you have felt in the past seven days.

I have been able to laugh and see the funny side of things.

- As much as I always could. (0) Definitely not so much now. (2)
 Not quite so much now. (1) Not at all. (3)

I have looked forward with enjoyment to things.

- As much as I ever did. (0) Definitely less than I used to. (2)
 Rather less than I used to. (1) Hardly at all. (3)

I have blamed myself unnecessarily when things went wrong.

- Yes, most of the time. (3) Not very often. (1)
 Yes, some of the time. No, never. (0)

I have been anxious or worried for no good reason.

- No, not at all. (0) Yes, sometimes. (2)
 Hardly ever. (1) Yes, very often. (3)

I have felt scared or panicky for no very good reason.

- Yes, quite a lot. (3) No, not much. (1)
 Yes, sometimes. (2) No, not at all. (0)

Things have been getting on top of me.

- Yes, most of the time I haven't been able to cope at all. (3) No, most of the time I have coped quite well. (1)
 Yes, sometimes I haven't been coping as well as usual. (2) No, I have been coping as well as ever. (0)

I have been so unhappy that I have had difficulty sleeping.

- Yes, most of the time. (3) Not very often. (1)
 Yes, sometimes. (2) No, not at all. (0)

I have felt sad or miserable.

- Yes, most of the time. (3) Not very often. (1)
 Yes, quite often. (2) No, not at all. (0)

I have been so unhappy that I have been crying.

- Yes, most of the time. (3) Only occasionally. (1)
 Yes, quite often. (2) No, never. (0)

The thought of harming myself has occurred to me.

- Yes, quite often. (3) Hardly ever. (1)
 Sometimes. (2) Never. (0)

Add up the numbers shown after each response you selected. If you scored 10 or higher, you may want to make an appointment with your health care provider for possible depression.

Source: Cox, JL; Holden, JM and Sagovsky, R 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.



Wisconsin Department of Health Services

Division of Public Health
Bureau of Community Health Promotion

Division of Mental Health
and Substance Abuse Services
Bureau of Prevention,
Treatment and Recovery

Funded in part by the MCH Title V Services Block Grant, Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services.

This brochure was revised in collaboration with the Wisconsin Task Force on Perinatal Depression
“*More Than Just the Blues.*”

Available in Spanish (P-40033S)

P-40033 (Rev. 8/2012)

More Than Just the Blues



Are you a mom who is...

- sad, depressed or feeling hopeless?
- having problems eating or sleeping?
- having problems focusing and making decisions?
- feeling overwhelmed?
- feeling anxious, panicky or “out of control?”
- having upsetting thoughts or worries that won’t go away?
- having difficulty bonding with your baby?
- fearful you might hurt your baby or yourself?

If you are having some of the problems listed on the front of this brochure, you may be depressed. Others may not see your depression.

Depression is common after giving birth, and can also happen during pregnancy.

Why is Mental Health Important?

Depression can affect your health and your baby's health. You may...

- have difficulty meeting your baby's needs.
- not have the energy to talk, sing and play with your baby.

Your baby may have:

- difficulty gaining weight; delays in development.
- more difficulty connecting with you.

It is important to get help!

Baby Blues; Postpartum Depression

Many new moms experience "baby blues" in the first few days after delivery. Symptoms may include crying, mild sadness, anxiety, mood changes, fatigue, and not feeling like yourself.

Extreme signs or symptoms if seen early need urgent medical attention.

"Baby blues" are not the same as depression. With time, patience and support, symptoms will go away within 1-2 weeks.

Postpartum depression is more severe than the "baby blues." **Postpartum depression** is marked by feelings of despair, severe anxiety or helplessness that get in the way of daily life. **Depression** is a medical illness that can be treated like other physical illnesses. With adequate treatment, women can recover. **Talk to your health care provider or nurse if you have signs of depression.**

Risk Factors for Postpartum Depression

Postpartum depression can happen to any woman regardless of her age, race or culture at any time surrounding pregnancy. It affects first-time mothers and those with more than one child. It is a health problem, and not her fault. Some women have greater risk for postpartum depression if they have had any of the following:

- personal or family history of depression, anxiety or bipolar disorder.
- recent or ongoing stress or loss, financial, trauma or relationship problems.
- history of medical problems.
- high-risk pregnancy or complications.
- history of drug and alcohol use.
- concerns with the baby, such as feeding or fussy behavior.
- little or no support.

If you or someone you know is having thoughts of harming themselves or their baby, seek emergency help immediately.

IF THIS IS A CRISIS, CALL 9-1-1.

What Can Help You Feel Better

- Be kind to yourself—eat nutritious foods, sleep, rest and exercise.
- Ask others for help. Remember you are not alone.
- Talk out your feelings with friends, family or a supportive person.
- Do something for yourself once a day.
- Take a break from the baby. Let someone else care for your baby for a while.
- Play with your baby.

What Fathers, Partners, Family and Friends Can Do

- To get information or find support groups, call the MCH hotline. Encourage your partner to seek help.
- Make an appointment to see a health care provider.
- Be patient. Recovery takes time.
- Listen. Be understanding.
- Be a part of the treatment process.
- Ask questions, take notes.
- Continue the family treatment plan once she feels better.
- Be caring and loving.
- Take care of yourself and the baby.
- Help with work around the house.
- Give mom time for herself.
- Find someone to watch the baby and spend time as a couple when possible.
- Ask mom how she is doing.

You are not alone.

There is help.

Depression can be treated.

You can feel better with help.

