



1-888-727-5889 or (217) 544-5808  
[www.parenthelpline.org](http://www.parenthelpline.org)  
Springfield, Illinois

# New Moms: Dealing with Feelings

## Understanding Postpartum Depression

*Carol Jo Vecchie*  
Women's Services  
St. John's Hospital

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St. John's Hospital



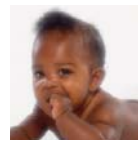
800 E. Carpenter Street  
Springfield, IL 62769

[www.st-johns.org](http://www.st-johns.org)

For more information, call:  
(217) 544-BABY (2229)

*An Affiliate of Hospital Sisters Health System*





The New Moms: Dealing with Feelings support group helps women suffering from postpartum depression (PPD) and other mood disorders following the birth of a baby.

Many new mothers experience mild depression after childbirth. This is sometimes called “baby blues.” About two to four days after delivery, you may experience:

- Mild depression
- Mood swings
- Irregular sleeping
- Fatigue
- Anxiety
- Difficulty concentrating

These are normal reactions to the hormonal changes and stress of having a baby. These symptoms usually disappear within two to six weeks after delivery.



## Postpartum Depression

Within the first year after giving birth, as many as 15 percent of all new mothers experience feelings that are frightening and overwhelming. They include:

- “Baby blues” do not go away after three weeks
- Increased irritability and crying
- Uncontrollable mood swings
- Feeling hopelessness and sadness
- Feeling overwhelmed and unable to cope
- Fear of being alone or isolated
- Lack of interest in the baby or overly concerned for him/her
- Decreased energy and motivation
- Inability to think clearly or to make decisions

If these symptoms continue or get worse, you should seek help.

- Call your physician
- Share your feelings with someone you feel would support you
- Contact a mental health counselor

Women who have multiple symptoms or thoughts of suicide should seek immediate medical attention.

## Additional resources

National Suicide Prevention Lifeline:  
1-800-273-TALK

Mental Health Services of Central Illinois:  
(217) 525-1064

St. John’s Hospital Birth Consultants:  
(217) 744-BABY (2229)

Parent Help Line:  
(217) 544-5808 or 1-888-727-5889