

# Postpartum Depression: Understanding Your Feelings



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Strengthening  
Families

*Babies need love and special care: touches, smiles, laughter, singing, and talking. A depressed mom cannot give this care.*

*Anyone can get postpartum depression. One in ten moms of newborns are anxious and depressed.*

## Symptoms include:

- Insomnia — cannot sleep
- Sleeping too much and still tired
- Changes in appetite
- Crying spells with no cause
- Loss of energy
- Problems with thinking and focusing
- Loss of sexual interest
- Sadness, depression
- Bad temper, moody
- Feeling like a bad mother
- Feeling out of control;
- Thinking you will never feel better
- Fear of leaving the house
- Fear of being alone
- Fear of harming yourself or your baby
- No good feelings about your baby
- Over-concern about your baby or thinking only about your baby.



## Could you be depressed?

### 2 symptoms for 2 weeks means you should get help

- Call Parent Help Line. They can help you find answers. Phone: 544-5805 or 1-888-727-5889.
- Call your doctor. Explain how you feel. Keep asking for help until you feel better.
- Take any medication your doctor gives you.
- Seek counseling with a mental health professional.
- Ask family and friends to help: childcare, laundry, meals.
- Talk to other moms who understand. Find a postpartum depression support group (In the Springfield area, call 217-535-3696.)

**Seek treatment early. Feel better faster.**

**Postpartum depression can be treated. Do not suffer alone.**

Call the Parent Help Line. We listen. We can find you help.  
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.