

Postpartum Depression: Dealing With Feelings



Brought to you by

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: 1-217-544-5805 or 1-888-727-5889.**
- Call your doctor. Explain how you feel. Asking for help until you feel better.
- Take the 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. Call the Out of the Blue Support Group at 1-217-535-3696 or 1-800-392-6587.

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.