



### Family and Friends Can Help

Postpartum depression is a real illness and not a sign that the new mom is weak or not working hard enough to get better. Fathers, family and friends can provide help.

- Offer words of encouragement and support.
- Tell her you know how she feels and that she will get better.
- Encourage her to seek therapy and medical attention.
- Let her know she can still be a good mother even if she feels terrible.
- Ask her what you can do to help.
- Call her during the day just to check in.
- Encourage her to get as much rest as possible and make sure she gets that uninterrupted sleep.
- Be patient.

### Resources

<http://www.cdc.gov>  
<http://www.helpguide.org>  
<http://www.womenshealth.gov>  
<http://www.health.mo.gov>

**800-TEL-LINK (835-5465)**



Missouri Department of Health and Senior Services  
Bureau of Genetics and Healthy Childhood  
P.O. Box 570  
Jefferson City, MO 65102-0570  
800-877-6246

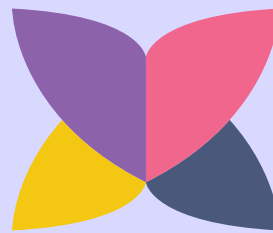
AN EO/AA employer: Services provided on a nondiscriminatory basis.  
Individuals who are deaf, hard-of-hearing, or have a speech disability  
can dial 711 or 1-800-735-2966.

# Postpartum Depression?



*It's more than just...  
the "Baby Blues"*

# *It's more than just... the "baby blues."*



There's a big difference between what is known as the "baby blues," which should go away after a week or two, and postpartum depression (PPD). PPD is more serious and may require treatment.

For many new moms, the change in hormones, the stress of labor and delivery and the change in schedule when a new baby arrives can make them feel tired and a bit down—more commonly known as the "baby blues." Some extra pampering, social interaction, a healthy diet and rest can make a difference.

## **Postpartum Depression**

Postpartum depression is a medical condition that can occur after having a baby. This depression could eventually go away but could also get worse, making it difficult for you to care for your baby.

## **Signs and Symptoms**

According to the Centers for Disease Control and Prevention, symptoms for postpartum depression include:

- Trouble sleeping when your baby sleeps (more than the lack of sleep new moms usually get.)
- Feeling numb or disconnected from your baby.

- Having scary or negative thoughts about your baby, such as thinking someone will take your baby away or hurt your baby.
- Worrying that you will hurt your baby.
- Feeling guilty about not being a good mom, or ashamed that you cannot care for your baby.

## **Treatment**

Some women have risk factors for postpartum depression, such as a family history of depression. However, PPD can impact women with no risk factors at all.

While it is a mystery what triggers PPD, we do know that it is treatable.

## **Effective treatments include:**

- Using self-help techniques
- Support from a new mom's social network
- Professional counseling
- Medical counseling



8 to 19% of  
women experience  
postpartum  
depression  
symptoms

The best way to recover from depression is to see a doctor or a counselor. Get help right away if you have thoughts of harming yourself or your baby. Call 911 or your local emergency number. You may also call TEL-LINK, Missouri's toll-free information and referral line.

**800-TEL-LINK**  
(835-5465)