

Postpartum Depression

Facts

Symptoms

Help

May include some or all of the following

Baby Blues

Within the first 3-5 days after birth, you can experience temporary emotional distress called the *baby blues*.

- Crying spells and tearful
- Feeling sad
- Irritability, restlessness
- Feeling frustrated
- Tiredness that persists even after rest or sleep
- Poor concentration, difficulty making decisions and inability to complete tasks

Health Connections

(905) 546-3550

Your Family Doctor

Women's Health Concerns Clinic
(905) 522-1155 ext. 33979

Catholic Family Services

(905) 527-3823

Good Beginnings

(VON Support Program)
(905) 522-0053

The Women's Centre

(905) 522-0127



Crisis Outreach and Support Team

24/7 Telephone Support (905) 972-8338

Women's Crisis Line - Inasmuch House

(905) 529-8600

Suicide Crisis Line

(Emergency Crisis Intervention only)

(905) 522-1477

Elle Ecoute

(24/7 Telephone Support in French)

1-877-679-2229

'You're Not Alone'

Postpartum Depression/ Postpartum Anxiety

If the *blues* last for more than 2 weeks and are not helped by rest, you may be experiencing *postpartum depression or anxiety*. This can occur up to a year after your baby arrives and any mother can develop it. You need professional support to help you and your family through this difficult time.

May include symptoms of Baby Blues as well as:

- Feeling generally overwhelmed and/or anxious
- Changes in sleep patterns and appetite
- Feeling sad, low, hopeless, empty
- Having little feeling or negative feelings toward your baby
- Excessive worry about baby's health
- Thinking the same thoughts or doing the same things repeatedly
- Loss of interest in activities that would usually bring pleasure
- Unrealistic, negative thoughts about self worth
- Feelings of excessive guilt
- Thoughts of harming yourself or your baby (While mothers may have these thoughts, it is important to seek help immediately)

Postpartum Psychosis

This is a severe but extremely rare disorder that can develop during the first few weeks after delivery.

Immediate medical help is required.

- A loss of contact with reality for extended periods of time
- Hallucinations (false perceptions)
- Delusions (false beliefs)
- Thoughts or actions related to suicide and/or the death of your baby

Helping Yourself

'It's not your fault'

- rest whenever you can
- plan some time out while a friend or relative cares for your baby
- encourage others to help with household tasks
- join a group with other parents
- take your baby out for walks
- eat healthy foods/snacks and drink several glasses of water a day
- find time for a soothing bath, music, etc
- be gentle with yourself and maintain realistic expectations
- seek professional help

*'With support,
you will get better'*

**IF YOU DON'T GET HELP...
KEEP ASKING!**

Helping Each Other

- learn about postpartum depression
- be a loving and supportive partner, friend and/or family member
- share the parenting and household tasks
- decide who you want to visit, when and for how long
- seek professional help



Hamilton

Public Health Services

Postpartum Depression Initiative
Healthy Pregnancy and Child Development

For more information call:

Health Connections
(905) 546-3550

Our Sister's Place
1-866-363-6663

Mental Health Service Information Ont.
1-866-531-2600

Gather information from:

www.oursistersplace.ca

www.mhsio.on.ca

www.postpartum.org

www.postpartum.net

To reorder pamphlets, please call (905) 546-3550



Postpartum Depression

an Adjustment to Motherhood



Mother Reach