

## Remember...

Perinatal depression and anxiety are common health conditions that need to be treated.

With the right help, she can feel better.

**YOU** can help her to get the care she needs.



# Who to Call for Help

Keep the phone numbers of her doctor, nurse or midwife on hand.

Postpartum Support International 1-800-944-4773 or Text: 503-894-9453 For support and local resources

National Suicide Prevention Lifeline 1-800-273-TALK (8255) To talk to a crisis counselor 24/7 about any mental health issue



## **For More Information**

Moms' Mental Health Matters https://www1.nichd.nih.gov/ncmhep

Postpartum Support International https://www.postpartum.net Has resources for both moms and dads

MotherToBaby https://mothertobaby.org Experts on Medicines & More During Pregnancy & Breastfeeding

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# Depression and Anxiety During and After Pregnancy

What fathers, partners, families and friends should know



### What is Perinatal Depression?

herself or her baby. can make it hard for a woman to take care of very sad or very anxious. Perinatal depression with. A woman with this condition may feel pregnant women and new mothers struggle Perinatal depression is a condition that many

1 in 7 women will experience perinatal

## treatments that work. It's a serious condition but there are

baby and the family. make all the difference for the woman, the or anxiety can get better. Getting help can With help, women with perinatal depression

### Effective treatments include:

- Counseling
- Social support, including support groups

## Signs and Symptoms

anxiety when a woman is pregnant or has just had a baby. Keep an eye out for these signs. Family members or friends may be the first to recognize a problem with depression or

### Does spe...

- □ Seem to feel sad, hopeless or stressed most of the time

☐ She doesn't seem able to take care of herself or the baby

☐ Worry constantly about the baby OR show little interest in the baby

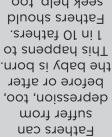
symptoms last for more than 2 weeks, she may have perinatal depression or anxiety.

Many women feel tearful and exhausted when they bring their new baby home. But if

- - - □ Seem very anxious, nervous or irritable
    - □ Seem to have trouble focusing and coping with daily tasks
- □ Have little interest in things she used to enjoy
- - - It can happen to any mother.

culture, income or education. affect women of any age, race, ethnicity, or up to a year after the baby's birth. It can depression. It can happen during pregnancy

- Medicine



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seek help, too.



Take time for yourself. A mother's depression can be hard on the whole

Help out around the house. Help with baby care and household chores.

Allow her to focus on her own needs. Give her time to see friends or

Encourage her to ger help. Have her call her doctor, nurse or midwife.

If a woman you know shows signs of perinatal depression or anxiety,

Listen to her. Let her talk about her feelings and offer support.

family, so remember to take care of yourself, too.

exercise and have some time to herself.

Help her to make the call if she needs it.

How You Can Help

It's more than the "baby blues"

□ She might hurt herself or the baby

Are you worried that...

here's what you can do.