

SPEAK UP WHEN YOU'RE DOWN

1 | MATERNAL DEPRESSION AND ANXIETY IS COMMON.

It is the number one complication of pregnancy. In the US, 15% to 20% of new moms, or about 1 million women, each year experience perinatal mood and anxiety disorders. Some studies suggest that number may be even higher.

YOU ARE NOT ALONE.

Maternal depression can affect any woman regardless of age, income, culture, or education.

2 | YOU MIGHT EXPERIENCE SOME OF THESE SYMPTOMS.

- Feelings of sadness or anger.
- Mood swings: highs and lows, feeling overwhelmed.
- Difficulty concentrating.
- Lack of interest in things you used to enjoy.
- Changes in sleeping and eating habits.
- Panic attacks, nervousness, and anxiety.
- Excessive worry about your baby.
- Thoughts of harming yourself or your baby.
- Fearing that you can't take care of your baby.
- Feelings of guilt and inadequacy.
- Difficulty accepting motherhood.
- Irrational thinking; seeing or hearing things that are not there.

Some of the ways women describe their feelings include:

*I want to cry all the time.
I feel like I'm on an emotional roller coaster.
I will never feel like myself again.
I don't think my baby likes me.
Everything feels like a huge effort.*



Adapted from Postpartum Progress, www.postpartumprogress.com, where you can find out more on childbirth-related mental illness. This brochure is also available in Spanish, Chinese and Vietnamese.

www.maternalmentalhealthnow.org

3 | SYMPTOMS CAN APPEAR ANY TIME DURING PREGNANCY, AND UP TO THE CHILD'S FIRST YEAR.

Baby blues, a normal adjustment period after birth, usually lasts from 2 to 3 weeks. If you have any of the listed symptoms that have stayed the same or gotten worse, and lasted more than 5 weeks, then you may be experiencing maternal depression or anxiety.

4 | YOU DID NOTHING TO CAUSE THIS.

You are not a weak or bad person. You have a common, treatable illness. Research shows that there are a variety of risk factors that may impact how you are feeling, including your medical history, how your body processes certain hormones, the level of stress you are experiencing, and how much help you have with your baby. What we do know is, **THIS IS NOT YOUR FAULT.**

5 | THE SOONER YOU GET HELP, THE BETTER.

You deserve to be healthy, and your baby needs a healthy mom in order to thrive. Don't wait to reach out. Talk to someone you trust. **HELP** is available.

If you are having thoughts of harming yourself or baby, call 911 immediately.

6 | THERE IS HELP FOR YOU.

Online/Phone Resources: I need more information!

Postpartum Support International
1.800.944.4773
www.postpartum.net

Referrals to Public Health for psychosocial/mental health issues
WIC-1800 414-4WIC

Virtual Support Groups

Taking Care of Mama Virtual Support Group
Maternal Mental Health Now
Barbara Sheehy (415) 544-2395

In Person Resources: I need someone to talk to!

George and Cynthia Miller Wellness Center-
(925) 313-7940 25 Allen St. Open M-F. 12-8:15 PM and Sat. 8 AM-4:15.

24 Hour Behavioral Health Access/AOD Line-
(888) 678-7277

24 Hour Contra Costa County Advise Nurse
(800) 495-8885

CalWORKs/Welfare to Work Clients
AOD/Mental Health Services
Liaison- **(925) 608-5985**

Perinatal Alcohol and Other Drugs (AOD)
Liaison Lashandra Good **(925)723-2566**

In an Emergency: I am scared for myself or my baby!

24 Hour Contra Costa County Crisis Line
(800) 833-2900

National Suicide Prevention Lifeline
1 (800) 273 TALK

6 THINGS

Every New Mom & Mom-To-Be Should Know About Maternal Depression



PERINATAL DEPRESSION AND ANXIETY

POSTPARTUM “BLUES”	PERINATAL DEPRESSION AND ANXIETY	POSTPARTUM PSYCHOSIS
How common is it?		
It is normal. 50-80% of women experience the blues.	15% -23% of women, more often in teens. 10% of men	1 -2 per 1000 women. More often if someone has a history of mental illness.
When does it start, how long does it last?		
Can occur anytime in the first week, will be gone in 2-3 weeks.	Can occur anytime in pregnancy or first year. It can start gradually or suddenly. Unless treated, it may not go away.	Usually occurs within the first 4 weeks after birth. Needs treatment immediately
Are you experiencing?		
<ul style="list-style-type: none"> <input type="checkbox"/> Feeling sad or hopeless <input type="checkbox"/> Little interest or pleasure in doing things <input type="checkbox"/> Feeling overwhelmed or stressed <input type="checkbox"/> Feeling worthless or guilty <input type="checkbox"/> Worrying too much <input type="checkbox"/> Feeling restless, irritable or angry <input type="checkbox"/> Crying <input type="checkbox"/> Thoughts that scare or disturb you 	<ul style="list-style-type: none"> <input type="checkbox"/> Trouble concentrating, remembering, or making decisions <input type="checkbox"/> Withdrawal from friends and family <input type="checkbox"/> Loss of interest in bathing, fixing hair or getting dressed <input type="checkbox"/> Having little or no interest in the baby <input type="checkbox"/> Eating too much or too little <input type="checkbox"/> Having little or no energy <input type="checkbox"/> Trouble sleeping or sleeping too much <input type="checkbox"/> Thoughts about death or suicide 	<ul style="list-style-type: none"> <input type="checkbox"/> Seeing or hearing things that others do not. <input type="checkbox"/> Agitation, restlessness, irritability <input type="checkbox"/> Confusion <input type="checkbox"/> Paranoia (extreme fears) <input type="checkbox"/> Extreme mood swings <input type="checkbox"/> Delusional thinking (denial of birth, need to kill baby) <input type="checkbox"/> Thoughts or plans of hurting yourself or baby
What can I do?		
<p style="text-align: center;">It's not your fault and you are not to blame!</p> <p style="text-align: center;">Talk with your doctor about how you are feeling. Find a supportive person to talk with – maybe another new mom. Reach out for support.</p>		<p>This is an emergency. Needs to be treated by a doctor right away. Another family member or friend may notice something is wrong before you do.</p>
Where do I call for support and information?		
<p style="text-align: center;">1-888-678-7277 Mental Health Access</p>	<p style="text-align: center;">1-800-773-6667 Postpartum Depression Phone Support</p>	<p style="text-align: center;">1-800-944-4773 Postpartum Support International www.postpartum.net</p>
<p style="text-align: center;">1-800-833-2900 Crisis Line</p>	<p>Go to the Hospital Emergency Room</p>	