

HAVE A PLAN OF ACTION!

Having a baby brings lots of emotions. Know the signs of significant depression or anxiety, and be ready to take action.

SYMPTOMS:

- Not feeling like yourself
- Having trouble managing emotions
- Feeling overwhelmed but are still able to care for yourself and baby

You may be experiencing mood swings that happen to many new parents, especially moms.

ACTION: *These feelings usually go away after a couple weeks*

- Take care of yourself - get help from your support system so you can rest and take time for you
- Continue to watch for the symptoms below
- Talk to your health care provider

SYMPTOMS:

- Intense anxiety that hits without warning, especially around the baby or your other children
- Feeling foggy and having difficulty completing tasks
- Feeling “robotic”, you’re just going through motions
- Having little interest in things that you used to enjoy
- Having scary or upsetting thoughts that don’t go away
- Feeling guilty and like you are failing at parenthood

You may be experiencing postpartum depression and anxiety

ACTION: *These feelings will probably not go away on their own*

- Get help. Talk to your doctor or visit a clinic
- Call the Postpartum Support International Warmline: 1-800-944-4PPD for support
- Talk to your partner/family/friends about your feelings so they can help

SYMPTOMS:

- Feeling hopeless and in total despair
- Feeling out of touch with reality
- Feeling that you may hurt yourself or your baby

ACTION: GET HELP NOW!

- Call 9-1-1 for immediate help
- Visit your local emergency room
- Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) - free and confidential and not just for if you are feeling suicidal

RESOURCES

LOCAL RESOURCES

Lutheran Family & Children Services

- Free counseling for depression/anxiety
- 573-815-9955

Family Access Center of Excellence (FACE)

- Mental health support for entire family
- 573-711-FACE (3223)

Parentlink

- Warmline: Call for parenting support: 573-882-7321

Parents as Teachers

- 573-214-3955

Tiger Tot Mommies

- Social Support Group: 573-499-6101

TEL-LINK: Missouri's Information & Referral Line

- 800-TEL-LINK

NATIONAL RESOURCES

Postpartum Support International:

- Warmline: 1-800-944-4PPD
- www.postpartum.net

National Institute of Child Health and Human Development:

- Find a mental health provider: 1-800-662-HELP
- www.nichd.nih.gov/MaternalMentalHealth

National Women's Health Information Center

- 1-800-994-9662
- womenshealth.gov/faq/depression-pregnancy.cfm

REFERENCES

- ◇ PANDA: Perinatal Anxiety & Depression Australia: How is DAD Going? www.howisdadgoing.org.au
- ◇ MedED: PPD www.mededppd.org
- ◇ For Families and Dads: Dealing with Postpartum Mood Disorders www.postpartumstress.com
- ◇ Postpartum Depression? Missouri Department of Health & Senior Services
- ◇ Supporting Postpartum Families: Postpartum Support International www.postpartum.net
- ◇ Action Plan for Depression and Anxiety Around Pregnancy: NIH nichd.nih.gov/MaternalMentalHealth

System Offering Actions for Resilience in Early Childhood

www.helpingyoungchildrensoar.org



MENTAL HEALTH WITH A NEW BABY



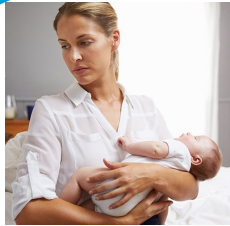
For Resilience in Early Childhood

A look at postpartum depression and anxiety in mothers and fathers

www.helpingyoungchildrensoar.org

Depression and Anxiety Happen. *Getting Help Matters.*

“BABY BLUES” & POSTPARTUM DEPRESSION



For many new moms, the first few weeks are accompanied by the “baby blues” or a change in mood driven by hormones, the stress of labor, and changes in schedule due to the new baby. These feelings usually go away on their own in a couple of weeks. If not, you may be experiencing postpartum depression, or PPD.

PPD is a medical condition that occurs up to a year after giving birth. Between 8 and 19% of new moms experiences PPD—you are not alone! These feelings are a result of a chemical imbalance that the mother did not cause, and the mother cannot simply get rid of. Having PPD depression does not mean you’re a bad mother, and is neither your fault nor the baby’s fault.

Symptoms might include: anger, irritability, guilt, lack of interest in the baby, changes in eating and sleeping, trouble concentrating, thoughts of hopelessness, and sometimes thoughts of harming yourself or the baby.

Untreated PPD can cause a mother to have low energy and not want to play with her baby. She may have trouble paying attention. This may cause her to not meet her baby’s needs, which may make her feel guilty and lower her self-confidence, which may make the PPD worse.

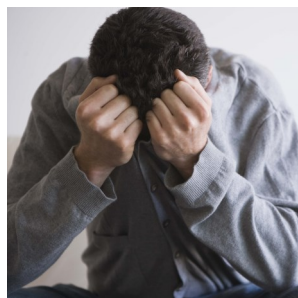
POSTPARTUM ANXIETY

Postpartum anxiety has received less attention than PPD in the past, but we are now learning how prevalent it is, with some estimates as high as 18% in new mothers. Just like PPD, these feelings are caused by a chemical imbalance and are not Mom’s fault and cannot be wished away. They can also take mom’s attention away from baby if she is preoccupied with her fears and worries.

Symptoms might include extreme worries or fears, including over the health and safety of the baby, not being able to relax, disturbing and/or racing thoughts, trouble sleeping or eating, physical symptoms like stomach cramps, headaches or nausea, and some moms experience panic attacks, shortness of breath, chest pain, dizziness, feeling of losing control, numbness and tingling.

YOUR PARTNER’S MENTAL HEALTH

Having a new baby can be stressful for everyone involved and can lead to similar postpartum mental health symptoms for dads, partners, and adoptive parents. 3-10% of men experience depression during the postpartum period. Paternal PPD and anxiety can affect partners of all ages, personality types and economic status. It is more likely for a partner to experience PPD when Mom is also having these symptoms, but can experience it independently of their Mom.



Symptoms of paternal PPD and anxiety are the same as with new moms, however the other partner usually doesn’t have access to the same services as new moms, so often their symptoms go unnoticed and untreated. Just as with Mom, it is important for her partner to recognize their symptoms and seek help so they can avoid long-term effects on their mental health and their relationships with Mom, baby, family and friends.

OTHER MENTAL HEALTH CONCERNS

In addition to PPD and anxiety, some parents experience **postpartum obsessive-compulsive disorder** (having repetitive and unwanted thoughts and sometimes the need to do certain things over and over again to reduce anxiety), **postpartum stress disorder** (often caused by a traumatic childbirth - includes flashbacks and the need to avoid things related to the event), and **postpartum psychosis** (includes seeing or hearing things that others cannot, irrational beliefs and distrusting those around you). These conditions are less common, but just as disruptive and potentially hazardous to life with a new baby, so talk to your doctor if you think you may be experiencing them.

GETTING HELP

The good news is there are several effective treatment options for moms and dads with PPD and anxiety. These treatments include using self-help techniques, getting support from a new mom’s social network, professional counseling, and medication. **Talk to your doctor or use the resources on the back of this brochure to decide which treatment option will be best for you and your baby.**

Don’t let postpartum depression, anxiety or other mental health conditions rob you from this special time as a new family.

Know the symptoms and get help so you can get back to being you.