

## **Depression and Anxiety during Pregnancy and Postpartum** **Risk Factor Check List and Resources**

### ***Is it normal to feel sad and nervous after the birth of a baby?***

- Many new moms feel weepy and anxious. This is normal and is called the "Baby Blues." The blues go away with rest, food, support, and time.
- Up to 20% of all pregnant and new mothers have more lasting depression or anxiety.
- Depression or anxiety is not just a mood. If your symptoms are disturbing, get in the way of your daily life, or last over two weeks, call your health provider or contact Postpartum Support International for local resources at 1-800-944-4PPD. (1-800-944-4773)
- If you feel that you need immediate care, call 1-800-SUICIDE or your local hospital.

### ***What are some symptoms of Depression?***

- Sadness, anger, exhaustion, nervousness, feeling out of control or overwhelmed
- Difficulty sleeping or eating
- Fears or scary thoughts that don't go away
- Feeling anxious or insecure, and nervous about being alone

### ***What should I do if I think I have Pregnancy or Postpartum Depression or Anxiety?***

- Call your healthcare provider
- Contact [Postpartum Support International](http://www.postpartum.net) for support, information, and resources
- Ask friends or family for help so you can take breaks
- Tell someone how you feel and find someone you trust that can help you

### ***What will help me feel better?***

- Support and reliable information about getting through depression and anxiety
- Good nutrition: avoid sugar, caffeine, and alcohol. Have plenty of water and protein.
- Rest: Ask for help so you can take breaks from childcare
- Talk to a healthcare provider about options for medicine and other treatments
- Fresh air and movement
- Talking to other women and families who have been through it and recovered

### ***AM I AT RISK?***

#### ***Check the statements that are true for you:***

- It's hard for me to ask for help. I usually take care of myself.
- Before my periods, I usually get sad, angry, or very cranky.
- I've been depressed or anxious in the past.
- I am been depressed or anxious when I'm pregnant.
- My mother, sister, or aunt was depressed or very nervous after her baby was born.
- Sometimes I don't need sleep, have lots of ideas, and it's hard to slow down.
- My family is far away and I feel lonely.
- I don't have many friends nearby that I can rely on.
- I am pregnant right now and I don't feel happy about it.
- I don't have the money, food, or housing that I need.

***Checking more than two items in the above list suggests that you have risk factors for depression or anxiety during pregnancy or postpartum.***

***With help, all of these symptoms are temporary and treatable.***

***You can prevent a crisis by reaching out.***

**Postpartum Support International: 800.944.4PPD**

[www.postpartum.net](http://www.postpartum.net)

***Call us. We will call you back.***