## Postpartum “Blues”

<table>
<thead>
<tr>
<th>How common is it?</th>
<th>Perinatal Depression and Anxiety</th>
<th>Postpartum Psychosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is normal. 50-80% of women experience the blues.</td>
<td>15% - 23% of women, more often in teens. 10% of men</td>
<td>1 - 2 per 1000 women. More often if someone has a history of mental illness.</td>
</tr>
</tbody>
</table>

## 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? 

- Feeling sad or hopeless
- Little interest or pleasure in doing things
- Feeling overwhelmed or stressed
- Feeling worthless or guilty
- Worrying too much
- Feeling restless, irritable or angry
- Crying
- Thoughts that scare or disturb you
- Trouble concentrating, remembering, or making decisions
- Withdrawal from friends and family
- Loss of interest in bathing, fixing hair or getting dressed
- Having little or no interest in the baby
- Eating too much or too little
- Having little or no energy
- Trouble sleeping or sleeping too much
- Thoughts about death or suicide
- Seeing or hearing things that others do not.
- Agitation, restlessness, irritability
- Confusion
- Paranoia (extreme fears)
- Extreme mood swings
- Delusional thinking (denial of birth, need to kill baby)
- Thoughts or plans of hurting yourself or baby

## What can I do? 

**It’s not your fault and you are not to blame!**

Talk with your doctor about how you are feeling. Find a supportive person to talk with – maybe another new mom. Reach out for support.

**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.

## Where do I call for support and information? 

| 1-888-678-7277 Mental Health Access | 1-800-773-6667 Postpartum Depression Phone Support | 1-800-944-4773 Postpartum Support International www.postpartum.net | Go to the Hospital Emergency Room |

Perinatal Depression to Wellness Network<br>Contra Costa County

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8/4/2011