

## A Note to Partners and Family about **Postpartum Depression**

If your partner or loved one is experiencing symptoms of postpartum depression, she may not be able to care for the baby. If you observe any of the symptoms of postpartum depression, call her doctor immediately.

Encourage her to:

- Do something active every day. Go for a walk and take a break.
- Eat healthy foods: fruits, vegetables, whole-grain breads, and lean meats.
- Get as much rest as she can. Encourage her to sleep when the baby sleeps.
- Let others help around the house. Ask friends/family to watch the baby, help with housework or grocery shopping.
- Reduce stress - listen to music, read a book, do things that help her relax.

### Resources

- March of Dimes
- National Institute of Mental Health

After completing an appointment with your doctor, he or she may recommend treatment or a program that provides counseling.

Treatments may include:

- Medicine such as hormone treatments, antidepressants or both.
- Counseling that may include both you and your partner or family.
- Peer support such as support groups or educational classes.
- Stress management and relaxation training.
- Exercise

Counseling services are available at  
Tazwood Center for Wellness  
(309) 347-5522 (Pekin)  
(309) 694-6462 (East Peoria)

Help is also available 24 hours per day through the following services:

- Emergency Response Service (ERS)  
(309) 347-1148
- HOPELINE text 741741
- Call 911



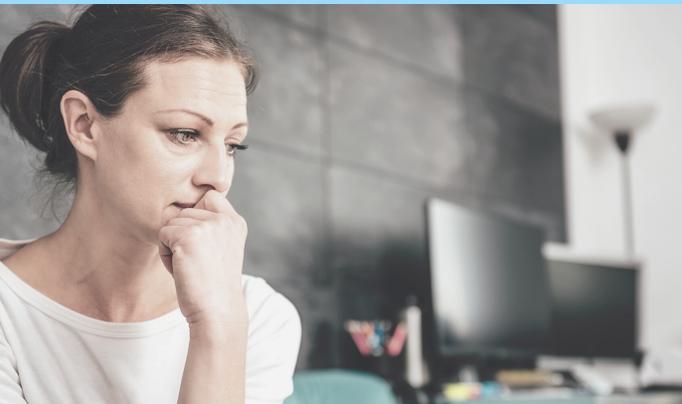
## POSTPARTUM DEPRESSION

1 in 9 new mothers has postpartum depression.



## Is it 'Baby Blues' or something more?

Many new moms experience the 'baby blues' after childbirth. They may have mood swings or crying spells. These feelings do not last long and fade away after 1 or 2 weeks. But some moms experience more severe symptoms known as Postpartum Depression.



70 % of women experience "baby blues". Baby blues develop 3 to 8 days after delivery and last less than 2 weeks.

### Symptoms of Baby Blues

- Mood swings
- Anxiety
- Crying over 'little things'
- Trouble concentrating
- Trouble sleeping



### What is [Postpartum Depression](#) (PPD)?

"Postpartum depression (also called PPD) is a medical condition that many women get after having a baby. These feelings can make it hard for you to take care of yourself and your baby.

PPD can happen any time after childbirth, but often starts within 1 to 3 weeks of having a baby. Medical treatment is needed to get better. Postpartum Depression is NOT a sign of weakness or character flaw. It is simply a complication of giving birth. If you think you have PPD, early treatment can help you manage your symptoms and enjoy your baby.

If left untreated, PPD can cause:

- Poor mother-baby bonding
- Relationship difficulties
- Poor emotional and language development for the baby
- Increased risk of future episodes of depression for the mother.

## What are Signs and Symptoms of [Postpartum Depression](#) ?

Some normal changes after pregnancy can cause symptoms similar to those of depression. Many mothers feel overwhelmed when a new baby comes home. But if you have any of the following symptoms of depression for more than 2 weeks, call your doctor or nurse.

- Feeling restless or moody
- Feeling sad, hopeless, or overwhelmed
- Crying a lot
- Having thoughts of hurting the baby
- Having thoughts of hurting yourself
- Not having any interest in the baby, not feeling connected to the baby, or feeling as if your baby is someone else's baby
- Having no energy or motivation
- Sleeping too little or too much
- Having memory problems
- Feeling worthless, guilty, or like a bad mother
- Having headaches, aches and pains that won't go away.