



1 IN 7 WOMEN EXPERIENCE POSTPARTUM DEPRESSION

Understand the triggers. PPD is treatable. **Ask for help.**

AND 1 IN 10 WOMEN EXPERIENCE POSTPARTUM ANXIETY

It is the most common complication of pregnancy and postpartum. Symptoms can appear anytime within the first year after birth. **Baby blues** lasts a few weeks: Up to 80% of new mothers get what's called the "baby blues" — short-term dips in mood caused by all of the changes that come with a new baby. Signs to watch for are *irritability, overwhelmed, anxiety, don't feel like eating or taking care of self and lack of sleep, weepy.*

Depression and Anxiety can develop anytime within the first year.

SIGNS:

- Anxious and irritable feelings
- Weepy
- Sleep disturbance
- Overwhelmed
- Feeling emotionally disconnected from your baby
- Obsessing over babies' safety
- Scared by your thoughts
- Shame/Guilt/Fear

WHAT TO DO TO MINIMIZE RISK:

- Prepare ahead of time for after baby arrives
- Build up your support network
- Communicate Your Needs
- Get enough sleep and exercise
- Eat healthy
- Talk to your Health Care Provider about history of depression and/or anxiety



25% of men have
symptoms of PPD
but only
10% report or get
treated.

*Support is available for
fathers as well.*





It's a very brave thing to reach out for help. Sometimes it's the hardest thing of the whole process." Dr. Johnna Nynas



If you are concerned, scan this QR code or visit the site below to access a tool created to check for PPD:
Edinburgh Postnatal Depression Scale

<https://perinatology.com/calculators/Edinburgh%20Depression%20Scale.htm>

PLEASE CALL YOUR MENTAL HEALTH OR HEALTHCARE PROVIDER

It's okay to not be okay. Postpartum depression and anxiety can happen to anyone. Safe help and support are available to you and your family. Please reach out and talk to somebody today!

Call the Postpartum Support International Hotline for help and local referrals: **1-800-944-4PPD**
For a full list of local resources and referrals visit **www.BemidjiEarlyChildhoodCollaborative.org**.

Red Flag Symptoms:

If you or a loved one are experiencing more severe symptoms such as substantial increase or decrease in energy, inability to sleep, difficulty communicating or thinking clearly, thoughts of harming yourself or baby, behaving in a way that is out of character, or any other concerning symptoms please call your mental health or medical provider or 911 immediately. These could be signs of postpartum psychosis which is treatable with professional help.

