

Riverside County Public Health
Nursing/MCAH
 S.M.I.L.E
 Supporting Mothers in Life's Emotions
 Pregnant and Postpartum Support Program
 Office- 951-210-1344/951-358-5438
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WHEN YOU'RE DOWN

SIX THINGS EVERY NEW MOM & MOM TO BE SHOULD KNOW ABOUT PERINATAL DEPRESSION



Perinatal Depression is very common.
 In the United States, 15% - 20% of new moms or about 1 million women each year experience perinatal mood and anxiety disorders and some studies suggest that number may be even higher.

YOU ARE NOT ALONE.

Perinatal Depression can affect any woman regardless of age, income, culture or education.

You may experience some of these symptoms:

- Feelings of sadness
- Mood swings; high and lows, feeling overwhelmed
- Difficulty concentrating
- Lack of interest in things you used to enjoy.
- Changes in sleeping and eating habits.
- Panic attacks, nervousness and anxiety.
- Excessive worry about your baby.
- Thoughts of harming yourself or your baby.
- Fearing that you can't take care of your baby.
- Feelings of guilt and inadequacy.
- Difficulty accepting motherhood.
- Irrational thinking; seeing or hearing things that are not there.

Some of the ways women describe their feelings include:

- I want to cry all of the time.*
- I feel like an emotional roller coaster.*
- I will never feel like myself again.*
- I don't think my baby likes me.*
- Everything feels like an effort.*

Symptoms can appear any time during pregnancy and up to the child's first year.

Baby blues is a normal adjustment period after birth, usually lasts from 2 to 3 weeks. If you have any of the listed symptoms that have stayed the same or gotten worse over 5 -6 weeks after birth, you no longer have the baby blues. It is possible that you have postpartum depression.

You did nothing to cause this.

You are not a weak or bad person. You have a common, treatable illness. Research shows there are a variety of risk factors that may impact how you are feeling, including your medical history, how your body processes certain hormones, the level of stress you are experiencing and how much help you have with your baby. What we know is, **THIS IS NOT YOUR FAULT.**

The sooner you get treatment, the better.

Recent studies show that your baby's well-being and development are directly tied to your physical and emotional health. You deserve to be healthy and your baby needs a healthy mom in order to thrive. Don't wait to reach out for HELP. It is available.

There is help for you.

There comes a time in every woman's life when she needs help. NOW is the time to reach out to a caring professional at Riverside County S.M.I.L.E program, who is knowledgeable about perinatal depression, and who can help you through this time of crisis. We can understand the pain you are experiencing and guide you on the road to recovery. You can contact the S.M.I.L.E – Supporting Mothers in Life's Emotions program at: 951-210-1344/951-358-5438 for referrals and support near you.



Adapted from Postpartum Progress: www.postpartumprogress.com, Los Angeles County Perinatal Mental Health Task Force & Inland Empire Perinatal Mental Health collaborative.



PHN
 Public Health Network