

## **Symptoms of Baby Blues**

Typically, the “Baby Blues” only a few days to a week or two after your baby is born. The symptoms may include but are not limited to:

- Mood swings
- Anxiety
- Sadness
- Irritability
- Feeling overwhelmed
- Crying
- Reduced concentration
- Appetite problems
- Trouble sleeping

## **Symptoms of Postpartum Depression**

Postpartum Depression (PD) may be mistaken for baby blues at first but the signs and symptoms are more intense and last much longer. PD may interfere with your ability to care for your baby and handle other daily tasks. Symptoms usually develop within the first few weeks after giving birth, but they could begin earlier, even during pregnancy, or they could develop up to a year after the birth of your baby. PD signs and symptoms may include but are not limited to:

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good mother
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide
- Untreated, postpartum depression may last for many months or longer.



17745 Metcalf, Midwest Bioscience Research Park, Building One, Stilwell, KS 66085

913.948.6290

[www.CrechInnovations.com](http://www.CrechInnovations.com)

## **When to See Your OB/GYN**

If you're feeling depressed after your baby's birth, you may be reluctant or embarrassed to admit it. But if you experience any symptoms of postpartum baby blues or postpartum depression, call your OB/GYN and schedule an appointment immediately. If you feel as though your life is in danger, or you need immediate help, please call 9-1-1 or go to the nearest emergency room for assistance.

It's important to call your doctor as soon as possible if the signs and symptoms of depression have any of these features:

- Don't fade after two weeks
- Are getting worse
- Make it hard for you to care for your baby
- Make it hard to complete everyday tasks
- Include thoughts of harming yourself or your baby

## **If You Have Suicidal Thoughts**

If at any point you have thoughts of harming yourself or your baby, immediately seek help from your spouse/partner or loved ones in taking care of your baby and call 9-1-1 or your local emergency assistance number to get help. Also consider these options if you're having suicidal thoughts:

- Seek help from your primary care provider or other health care professional.
- Call a mental health professional.
- Webchat with the Suicide Prevention Lifeline at: [suicidepreventionlifeline.org/chat](http://suicidepreventionlifeline.org/chat).
- Reach out to a close friend or loved one and let them know what's going on and ask for help
- Contact your priest, minister, spiritual leader or someone in your faith community for help.

## **Additional Phone Numbers & Websites**

**National Postpartum Depression Warmline:** 1-800-773-6667 ([www.PostpartumStress.com](http://www.PostpartumStress.com))

**Edinburgh Postnatal Depression Scale (EPDS):** [www.psychology-tools.com/test/epds](http://www.psychology-tools.com/test/epds)

**National Suicide Prevention Hotline:** 1-800-273-8255

**Postpartum Information:** [www.postpartum.net](http://www.postpartum.net)



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