

## Finding Help

### Advice for fathers, family, and friends

- Encourage the new mother to seek help
- Offer her support and just listen
- Allow the new mother to take time for herself
- Ask how to help, like babysitting and house cleaning
- Understand that the new father may also feel stressed at becoming a new parent
- Help find community resources

### Where can I go for help?

- Check the internet or your public library for postpartum depression resources
- Check with your healthcare provider
- For counseling services contact InfoLink in Wayne/Holmes Counties at 330-263-6363 or 800-247-9473 or Medina County at 211.



### What if I feel like I may hurt myself, my baby, or someone else?

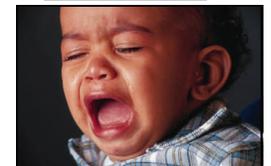
- Wayne & Holmes county residents: call *The Counseling Center of Wayne & Holmes Counties Emergency Services* at 330-264-9029 or 1-877-264-9029 **24 hours a day**
- Medina County: call *Alternative Paths* at 330-725-9195 **24 hours a day**
- Call **911**
- Or go to your nearest hospital emergency room.

Remember that you can always leave a newborn baby with a medical worker at a hospital, fire department, or with a peace officer at a police station.

*Sponsored by the Community Maternal Depression Coalition and the Wayne County Family and Children First Council*



# New moms... how are you coping?



## What new moms should know about **Baby Blues** & **Postpartum Depression**

# Know the Facts

## Emotions After Delivery

After your baby is born, you may feel:

- Joyful
- Excited
- Nervous
- Worried

These are normal feelings. Some women may have more upsetting feelings such as:

- Extreme fear and worry
- Great sadness
- Not feeling “normal”

## Baby Blues

Occurs in up to 8 out of 10 new mothers. It usually appears suddenly in the first few days after the baby is born. Signs may include:

- Crying
- Mood Swings
- Having a short temper
- Being very sensitive

This is similar to pre-menstrual syndrome (PMS). Symptoms usually go away on their own in a couple of weeks.



## Who is at risk?

- Any woman who had a baby in the last year
- Any woman who has miscarried
- Any woman who recently weaned a child from nursing

## Postpartum Depression

A common illness in new mothers which occurs in 1 out of 10 women after having a baby.

Signs may include:

- Sadness
- A short temper
- Crying
- Problems sleeping, even when the baby is sleeping
- Not wanting to hold or touch the baby (not enjoying the baby)
- Feeling tired
- Changes in eating patterns
- Thoughts about her own death or the death of her baby

Symptoms range from mild to severe. Medication and therapy may be needed to treat postpartum depression.

## How Do I know if I have postpartum depression?

Only a trained healthcare or mental health professional can tell you whether you have postpartum depression or not. Look at the following list and see if any of these apply to you. If so, seek help.



## During the past week or two, I have:

- Been unable to laugh and see the funny side of things
- Not looked forward to things I usually enjoy
- Blamed myself unnecessarily when things went wrong
- Felt scared or panicky for no good reason
- Had things get the best of me
- Been so unhappy that I have difficulty sleeping
- Felt sad or miserable
- Been so unhappy that I have been crying
- Thought of harming myself, my baby, or others

