

Treatment

- ✓ Increase support from those around you. This may be your spouse/partner, family, friends, church or babysitters.
- ✓ Talk to your OB/GYN or your baby's pediatrician right away. The sooner you ask for help, the sooner you'll begin to feel better.
- ✓ Ask for a list of referrals for specialists in women's mood disorders. This may include psychiatrists or therapists.
- ✓ Let someone else watch your baby so you can get a break.
- ✓ Be sure your doctor considers other medical causes of depression, such as thyroid imbalances.
- ✓ Consider attending a support group for women with postpartum depression.



Local Treatment Resources

The Postpartum Depression Support Group:

**Mom's - T.E.A.R.S.
(Treatment, Education, Advocacy,
Resources, Support.)**

At Millard Fillmore Suburban Hospital
2nd Thursday of the month – FREE.
Please call (716) 568-3628 to register.

Educational Resources/References

**Millard Fillmore Suburban Hospital
Childbirth Education Department**
(716)-568-3628
www.kaleidahealth.org/childbirth

**The Postpartum Resource Center of
New York, Inc.**
Toll Free Helpline 1-855-631-0001
(631)-422-2255
www.postpartumny.org

Postpartum Support International
www.postpartum.net
warmline: 1-800-944-4PPD (4773)
(telephone support)

Postpartum Depression Support Helpline
1-800-773-6667

Father's Website
www.postpartumdads.org

*You are not alone.
You are not to blame.
With help, you will be well.*



Cover: artist Annette Darling

Language assistance services are available free of charge for anyone who has a need for an interpreter.

Tenemos servicios de ayuda en Español, para cualquiera que necesita un intérprete.



Postpartum Depression (PPD) refers to a wide range of emotional changes a woman may experience after the birth of a baby/ Postpartum depression, anxiety, postpartum obsessive-compulsive disorder and panic disorder and postpartum psychosis are all recognized as postpartum mood disorders.

Baby Blues

Up to 80% of mothers experience crying, sadness, worry and fatigue in the first two weeks after delivery. Symptoms usually resolve on their own. You should ask for and accept help from anyone you feel is supportive.

Pregnancy/Postpartum Anxiety

Approximately 6% of pregnant women and 10% of postpartum women develop anxiety. Sometimes they experience anxiety alone and sometimes they experience it in addition to depression.

Symptoms include:

- ✓ Constant worry
- ✓ Feeling that something bad is going to happen



- ✓ Racing thoughts
- ✓ Disturbances of sleep and appetite
- ✓ Inability to sit still
- ✓ Physical symptoms like dizziness, hot flashes and nausea

Postpartum and antepartum anxiety are temporary and treatable with professional help. If you feel you may be suffering from one of these illnesses, know that it is not your fault and you are not to blame.

Prenatal/Postpartum Depression

Within the first year after delivering, 10-20% of mothers experience a more serious depression that begins to interfere with their daily life. Symptoms may include:

- ✓ Crying
- ✓ Irritability
- ✓ Excessive worry
- ✓ Sleep problems
- ✓ Rapid weight changes
- ✓ Difficulty focusing
- ✓ Lack of joy in life
- ✓ Not bonding with baby
- ✓ Suicidal thoughts

This depression is a real illness that may impair your ability to respond to your baby. However, this depression is a very treatable illness and there is help available.

Postpartum Obsessive Compulsive Disorder and Panic Disorder

These are anxiety-based disorders that occur in 3-5% of mothers after delivery. Most commonly, symptoms include overwhelming worry, recurrent images of harming your baby, shortness of breath, racing heartbeat and dizziness. These symptoms often co-occur with depression so treatment is similar. Mothers recognize these scary thoughts do not make sense.

Post-Traumatic Stress Disorder

Approximately 1-6% of women experience postpartum post-traumatic stress disorder (PTSD) following childbirth. Most often, this illness is caused by a real or perceived trauma during delivery or postpartum.

Symptom of postpartum PTSD might include:

- ✓ Intrusive re-experiencing of a past traumatic event
- ✓ Flashbacks or nightmares
- ✓ Anxiety and panic attacks
- ✓ Feeling a sense of detachment

Postpartum PTSD is temporary and treatable with professional help.

Regardless of emotional symptoms, you may find the following suggestions helpful:

- ✓ Get plenty of rest
- ✓ Accept help and support from others
- ✓ Let someone else watch your baby so you can get a break
- ✓ Be realistic about life (it's OK if your house is a mess)
- ✓ Exercise if you can
- ✓ Remember, you will get better!

Postpartum Psychosis

This is a psychiatric emergency that occurs rarely (1-2 per 1000). Symptoms generally occur within several weeks of delivery and include confusion, agitation, hallucinations (seeing or hearing things that are not there) delusions and rapid mood swings. Mothers require IMMEDIATE medical care.

Emergencies

Erie County Medical Center Emergency Room
462 Grider Street
Buffalo, New York 14215

Brylin Hospital
1263 Delaware Avenue
Buffalo, NY 14209
(716) 886-8200

Important: Please call first – we do not have a psychiatric emergency room.

National Suicide Prevention Hotline
1-800-273-8255

Crisis Services 24-Hour Hotline
(716) 834-3131