Depression and Anxiety during Pregnancy and Postpartum
Risk Factor Check List and Resources

Is it normal to feel sad and nervous after the birth of a baby?

- Many new moms feel weepy and anxious. This is normal and is called the "Baby Blues." The blues go away with rest, food, support, and time.
- Up to 20% of all pregnant and new mothers have more lasting depression or anxiety.
- Depression or anxiety is not just a mood. If your symptoms are disturbing, get in the way of your daily life, or last over two weeks, call your health provider or contact Postpartum Support International for local resources at 1-800-944-4PPD. (1-800-944-4773)
- If you feel that you need immediate care, call 1-800-SUICIDE or your local hospital.

What are some symptoms of Depression?

- Sadness, anger, exhaustion, nervousness, feeling out of control or overwhelmed
- Difficulty sleeping or eating
- Fears or scary thoughts that don't go away
- Feeling anxious or insecure, and nervous about being alone

What should I do if I think I have Pregnancy or Postpartum Depression or Anxiety?

- Call your healthcare provider
- Contact Postpartum Support International for support, information, and resources
- Ask friends or family for help so you can take breaks
- Tell someone how you feel and find someone you trust that can help you

What will help me feel better?

- Support and reliable information about getting through depression and anxiety
- Good nutrition: avoid sugar, caffeine, and alcohol. Have plenty of water and protein.
- Rest: Ask for help so you can take breaks from childcare
- Talk to a healthcare provider about options for medicine and other treatments
- Fresh air and movement
- Talking to other women and families who have been through it and recovered

AM I AT RISK?

Check the statements that are true for you:

- ☐ It's hard for me to ask for help. I usually take care of myself.
- ☐ Before my periods, I usually get sad, angry, or very cranky.
- ☐ I've been depressed or anxious in the past.
- ☐ I am been depressed or anxious when I'm pregnant.
- ☐ My mother, sister, or aunt was depressed or very nervous after her baby was born.
- ☐ Sometimes I don't need sleep, have lots of ideas, and it's hard to slow down.
- ☐ My family is far away and I feel lonely.
- ☐ I don't have many friends nearby that I can rely on.
- ☐ I am pregnant right now and I don't feel happy about it.
- ☐ I don't have the money, food, or housing that I need.

Checking more than two items in the above list suggests that you have risk factors for depression or anxiety during pregnancy or postpartum.
With help, all of these symptoms are temporary and treatable.

You can prevent a crisis by reaching out.

Postpartum Support International HelpLine: 800.944.4PPD
or text 503-894-9453
www.postpartum.net

Call us. We will call you back.

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