

6. Things have been getting on top of me

- Yes, most of the time I haven't been able to cope at all.
- Yes, sometimes I haven't been coping as well as usual.
- No, most of the time I have coped quite well.
- No, I have been coping as well as ever.

7. I have been so unhappy that I have had difficulty sleeping

- Yes, most of the time.
- Yes, sometimes.
- Not very often.
- No, not at all.

8. I have felt sad or miserable

- Yes, most of the time.
- Yes, quite often.
- Not very often.
- No, not at all.

9. I have been so unhappy that I have been crying

- Yes, most of the time.
- Yes, quite often.
- Only occasionally.
- No, never.

10. The thought of harming myself has occurred to me

- Yes, quite often.
- Sometimes.
- Hardly ever.
- Never.

The diagnosis and treatment of postpartum depression and other postpartum mental illnesses requires a physician or qualified mental health professional. The information provided through this brochure is intended for informational purposes only. None of the information in this brochure is a substitute for a diagnosis by a physician or qualified mental health professional. The screening test in this brochure is intended solely for the purpose of identifying the symptoms of depressive disorders, and is not designed to provide a diagnosis.

Edinburgh Postnatal Depression Scale (EPDS)
Taken from the *British Journal of Psychiatry*
June, 1987, Vol. 150 by
J. L. Cox, J. M. Holden, R. Sagovsky

HELPLINES & INFORMATION

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

Postpartum Education for Parents
1-805-564-3888
www.sbpep.org

National Women's Health Information Center
1-800-994-9662
www.womenshealth.gov

2-1-1 Texas / United Way Helpline
Dial 211
<http://referral.unitedwayhouston.org/>

Mental Health America of Greater Houston
www.mhahouston.org

ONLINE RESOURCES

The Online PPMD Support Group
www.ppdsupportpage.com

National Institute of Mental Health
www.nimh.nih.gov

MedEd PPD
www.mededppd.org

HOUSTON SERVICES

The Center For Postpartum Family Health
713.561.3884
Cpfh.org

Pregnancy and Postpartum Depression Support Group: The Woman's Hospital of Texas
713-791-7404
www.womanshospital.com/education/support-groups/

Mother to Mother: A Free Support Group for Pregnancy and Postpartum Depression - Texas Children's Hospital Pavilion for Women
832-826-5281

24-HOUR HOTLINES

National Postpartum Depression Hotline
1-800-PPD-MOMS (773-6667)

Crisis Intervention of Houston
713-HOTLINE (468-5463)
713-526-8088 (Spanish)

National Suicide Prevention Lifeline
1-800-273-TALK (8255)



Your Emotions After Delivery



Mailing Address:
2211 Norfolk, Suite 810 • Houston, TX 77098
Ph: 713.523.8963 • Fax: 713.522.0698

www.mhahouston.org



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POSTPARTUM DEPRESSION

This is a common illness in new mothers. It occurs in 1 out of 8 women after having a baby. Signs may include:

- Sadness
- Having 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

POSTPARTUM ANXIETY

It is normal for new mothers to worry about their babies. But worry that takes over your life is not good for you or your baby. Signs that a mother may be worrying too much are when she is:

- Afraid that something will harm her baby
- Afraid that she will hurt her baby
- Afraid to be alone with her baby
- Spending most of her time trying to get these ideas out of her head or trying to protect her baby



POSTPARTUM PSYCHOSIS

This is an illness that happens to 1 out of 1,000 women having a baby. It is an emergency. A mother may:

- Become confused
- Be nervous or very quiet
- Hear voices that don't exist
- See things that don't exist
- Have thoughts about hurting herself or her baby



SYMPTOM CHECKLIST

- I feel worried or afraid a lot.
- I have not been able to think clearly.
- I am afraid to be alone with my baby.
- I feel cut off from the world or like I do not know what is real anymore.
- I have trouble sleeping even when my baby is sleeping.
- I have not been taking good care of myself (not eating or sleeping).
- I do not enjoy being with my baby.
- I do not want to get out of bed.
- I do not want to be around my friends or family.
- I have had thoughts about death or killing myself.

WHAT CAN YOU DO TO FEEL BETTER?

If you are having any of the feelings listed above, please talk to your friends, family or doctor. If you are afraid you may harm your baby, call your doctor, clinic or go to an emergency room right away. Help is available. You are not alone. Many women feel like you do. Your life will get better when you get help.

How Are You Feeling?

Please Complete and Return to a Healthcare Professional

- I have been able to laugh and see the funny side of things**
 - As much as I always could.
 - Not quite so much now.
 - Definitely not so much now.
 - Not at all.
- I have looked forward with enjoyment to things**
 - As much as I ever did.
 - Rather less than I used to.
 - Definitely less than I used to.
 - Hardly at all.
- I have blamed myself unnecessarily when things went wrong**
 - Yes, most of the time.
 - Yes, some of the time.
 - Not very often.
 - No, never.
- I have felt worried and anxious for no good reason**
 - No, not at all.
 - Hardly ever.
 - Yes, sometimes.
 - Yes, very often.
- I have felt scared or panicky for no very good reason**
 - Yes, quite a lot.
 - Yes, sometimes.
 - No, not much.
 - No, not at all.

After your baby is born, you may feel:

- Joyful
- Nervous
- Excited
- Worried

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

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

Keep reading to learn more about the feelings you may have after having a baby.

BABY BLUES

As many as 8 out of 10 new mothers have the "Baby Blues." Signs include:

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

This is similar to what women experience before their periods. The signs start about three days after having a baby. They go away on their own in about two weeks. A woman with "Baby Blues" can still enjoy being a new mother.