

Self Test

Choose the answer that best describes how you have been feeling during the past few weeks.

	Yes	No
Are you emotionally drained and unable to see the lighter side of life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you no longer look forward to anything?	<input type="checkbox"/>	<input type="checkbox"/>
Do you unnecessarily blame yourself for things?	<input type="checkbox"/>	<input type="checkbox"/>
Are you worried or anxious for no reason?	<input type="checkbox"/>	<input type="checkbox"/>
Are you feeling panicky or scared?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel over-whelmed and unable to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Are you feeling sad and hopeless?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often find yourself crying for no reason or over the "little things" ?	<input type="checkbox"/>	<input type="checkbox"/>

If you mark **YES** on any of the above, or just have questions, please tell your health care provider and reach out to a mental health specialist.

For 24 Hour immediate assistance call the Jefferson Center for Mental Health Emergency number at 303-425-0300.

If you have thoughts of harming yourself or anyone else, seek immediate help by calling 911 or go to the nearest emergency room.

Mental Health Resources

Jefferson Center for Mental Health
303-425-0300 www.jcmh.org
Emergency Services Location
12055 W 2nd Place
Lakewood, CO 80228

Mother and Baby Support Group
Jefferson Center for Mental Health
303-432-5607

Foothills Behavioral Health Partners
866-245-1959 www.fbhpartners.com

Postpartum Support International
800-944-4773 www.postpartum.net

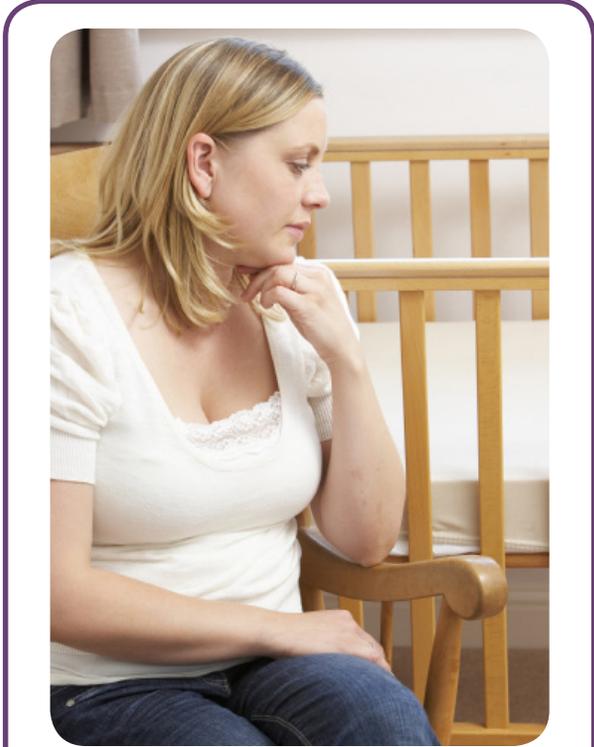
Jefferson County Public Health

645 Parfet Street
Lakewood, CO 80215

(303) 232-6301

jeffco.us/public-health

Pregnancy-Related Depression



Feeling tired, isolated? Worried about being a good mother?

You may be experiencing pregnancy related depression . . .

but you are not alone.

Pregnancy Related Depression (PRD) - is the most common complication of pregnancy, affecting 20% of women during or after childbirth.

What is Pregnancy Related Depression?

Symptoms can include:

- "Baby Blues" that do not get better.
- Irritability and moodiness and feeling out of control.
- Fatigue, always wanting to sleep and not getting enough or having trouble sleeping.
- Anxiety and worry, even panic attacks and scary thoughts.
- Difficulty bonding with your baby

**Symptoms can occur at any time during pregnancy up to one year after childbirth.*

Severe Symptoms:

- Suicidal thoughts (*Seek help, call 911*)
- Rapid mood swings

Is it different from "Baby Blues"?



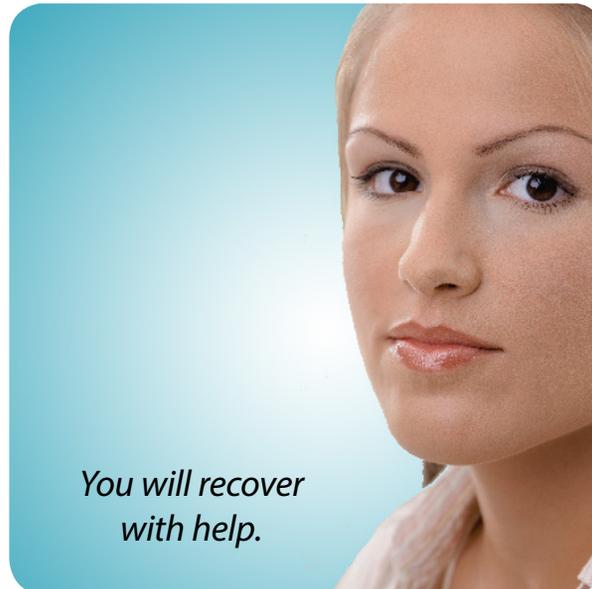
- Yes. Up to 85% of new mothers will get the baby blues.
- They begin within 7 days of childbirth, and usually last up to three weeks.
- Feelings of moodiness, fatigue, irritability worry and anxiety following childbirth.

Any woman may become depressed during pregnancy or after having a baby.

The exact cause of PRD is not clear, but major changes the mother goes through during this time appear to be the trigger. These could include:

- Hormonal fluctuations
- Lack of support from friends, or more importantly, family
- A difficult pregnancy or childbirth

You are not to blame, it is not your fault.



You will recover with help.



Things you can do:

Nutrition-

- Eat more fruits and vegetables.
- Drink more water.
- Avoid caffeine, alcohol and non-nutritious foods.

Pay Attention to Your Needs-

- Find time for yourself to do things you enjoy.
- Rest whenever the baby rests, even if you are not tired.
- Talk about how you feel.
- Ask for help.
- Exercise your body.
- Seek Professional help / therapy.

Safe and effective treatment is available.