MOTHERS with PPD:
“I feel like running away.”
“I don’t feel like myself anymore”
“I’m a rotten mother.”
“I feel like I’m going crazy.”
“Will this ever end?”

PARTNERS:
“I never know what to expect when I get home.”
“Something is horribly wrong, but I don’t know how to help her”
“It’s really tough to live with a depressed person.”
“Will my partner ever be the same as before?”

ONE out of every TEN mothers experiences depression or anxiety during pregnancy and/or the first year after the baby is born.

IF you feel depressed or anxious you need help.

You can call:
Family Service Agency 2-1-1
CALM 805-965-2376
PEP Postpartum Education for Parents 805-564-3888
When is it “BABY BLUES”?
During the first few weeks after birth you may feel weepy, ex-hausted or tense. But, generally you are happy.

When is it PPD?
The sad feelings don’t go away and you have no energy to care for your self or your baby. Or you feel so anxious that you cannot relax and enjoy your new baby.

What causes PPD?
A combination of adjustments to pregnancy and childbirth, both physical and emotional, contribute to symptoms of PPD. None of them are the mother’s fault.

Who gets PPD?
Any childbearing woman, regard-less of race, income, culture, age, or education can get PPD.

Some Risk Factors:
• Previous depressions
• Family history of depression
• Traumatic birth experience
• Isolation
• Chronic sleep deprivation

How can I make it go away?
For mild PPD it helps to:
• Get as much sleep as you can.
• Turn to others for help: friends, family, doula, or paid help.
• Accept not being able to do everything you used to do.
• Accept the swing of feelings as normal.
• Find time for just yourself.
• Talk about what is going on with a friend or a support group.
• Avoid being alone.
• Get fresh air and exercise
• Eat a healthy diet through small, frequent meals.

For severe depression:
• Get help
• Talk to your doctor
• Call PEP 564-3888
• Call 2-1-1

Untreated PPD can interfere with a mother’s ability to bond with her baby and promote a secure attachment.

Infancy is a critical and vulnerable period in a child’s development. The most important factor in an infant’s healthy development is a secure attachment with a primary care giver. The interaction and comfort in this safe relationship promotes the child’s neurological, intellectual and emotional growth.