



ECPAC
EARLY CHILDHOOD
PARTNERSHIP
OF ADAMS COUNTY

MATERNAL MENTAL HEALTH CONDITIONS

are the most common complication of pregnancy and childbirth – **affecting 1 in 11 parents in Colorado.**



Depression and anxiety can happen during pregnancy and/or up to several years postpartum after delivery – it’s important to know that symptoms can occur with any pregnancy, not just with your first.

Parents of every age, income level, and race can experience symptoms!

The “baby blues” are feelings of sadness or moodiness that typically begin 2-3 days after birth and can last up to two weeks. These feelings usually go away on their own.

Symptoms of Depression

- Crying and sadness
- Lack of interest in the baby
- Feelings of guilt
- Loss of interest in things you used to enjoy

Symptoms of Anxiety

- Constant worry
- Feeling that something bad might happen
- Racing thoughts
- Trouble relaxing or sitting still

You could experience one, several, or all of these symptoms.

Depression and anxiety are treatable and there are many options. Connect with your doctor to find the right plan for you:

Social Support and Self-Care
 -Prioritizing sleep when possible
 -Asking a partner, friend, or family member to help
 -Physical activity (walking, stretching, etc.)
 -Balanced nutrition
 -Support groups

Mental Health Counseling

Medications
 (note: medications during lactation and pregnancy are available)

YOU ARE NOT ALONE AND HELP IS AVAILABLE.

For free & confidential emotional support, call or text **1-833-852-6262**.

Counselors at the National Maternal Mental Health Hotline are available 24/7.

Scan the QR code for local resources. →



English



Spanish