

depressed?

## is it stealing you away?

Mark the box beside and statement that describes how you have been feeling and acting during the past weeks

- I feel sad and hopeless most of the time
- I don't enjoy doing things that I used to enjoy
- I feel scared and panicky but I don't know why
- I can't concentrate or make decisions
- I cry a lot because the smallest things upset me
- I have thoughts of hurting myself or my baby (seek help immediately—Call 911)
- I feel tired and I just want to sleep all day
- It is hard to get to sleep and stay asleep
- I blame myself when things go wrong
- I am more worried or anxious than usual

Did you check one of these boxes or have concerns?

If so, we recommend that you contact your primary care physician or a mental health specialist who can help in determining if you are suffering from pregnancy related depression or who can provide some assistance in connecting you to local resources or create a plan of action with you.

**IF YOU HAVE THOUGHTS OF HURTING YOURSELF OR YOUR BABY, SEEK IMMEDIATE ASSISTANCE! CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM**



myth

You are the only one feeling like this.

fact

Up to 20% of women suffer from depression sometime during or after giving birth and 80% have baby blues.



myth

“I should be able to make these feelings go away.”

fact

When the baby blues last longer than 2 weeks or become more serious it is not your fault.



myth

“I am a bad mom if I am not happy during a time that I should be most happy.”

fact

Having a baby can be one of the happiest events in your life but it can also be stressful at times.



**ECPAC**  
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**SPEAK UP**  
**WHEN YOU ARE**  
**D O W N**

pregnancy related depression  
(prd)

**IT IS NOT YOUR FAULT!**

**UP TO 20%**  
of women suffer from  
depression sometime during  
pregnancy or after giving birth

# what is prd?

## pregnancy related depression

Pregnancy Related Depression refers to a variety of symptoms that occur for women during pregnancy and/or up to 12 months after delivery. Depression is the most common complication of pregnancy. If you have depression or anxiety symptoms, help is available. You deserve to feel good and being a new parent can be easier.



**ASK NOW  
ASK HERE**

### YOU ARE NOT ALONE!

*The exact cause of PRD is still unknown, but we do know that it is a physical disorder that is probably hormonally based and it is not self-induced. You cannot fight it off by yourself any more than you can fight off diabetes or cancer.*

### BUT THERE ARE PEOPLE WHO CARE AND WILL HELP!



# what can you do?

## try these steps

Even if you don't feel like it just trying to do these can help you start to feel better.

1. **TELL** someone how you feel
2. **SLEEP** when you can especially when your baby is asleep
3. **EAT** a balanced diet, with plenty of protein and water
4. **TAKE** some **TIME** for yourself - even two minutes with your feet up can help – **BREATHE**
5. **REACH OUT** for support
6. **EDUCATE YOURSELF** about **PRD**
7. Pay attention to the **GOOD FEELINGS**
8. **SMILE** at your baby
9. **SING** songs to your baby



# where do you get help?

## don't be afraid to ask

You can learn more about PRD and treatment from the following:

Postpartum Support International (PSI)  
1-800-944-4PPD  
[www.postpartum.net](http://www.postpartum.net)

Colorado Crisis Services  
1-844-493-TALK (8255) or  
[www.metrocrisiservices.org](http://www.metrocrisiservices.org)

US Dept. of Health and Human Services  
[www.mchb.hrsa.gov/pregnancyandbeyond/depression](http://www.mchb.hrsa.gov/pregnancyandbeyond/depression)

My Community Mental Health Center:  
Community Reach Center:  
• Help with PRD: 303-853-3801  
• General mental health support: 303-853-3500

Another Mental Health Provider covered by my insurance:

Adams County Home Visitation Programs:  
• Nurse Family Partnership (NFP):  
303-255-6246 for Tri-County Health Department  
303-269-2960 for St. Anthony's Hospital  
• Parents As Teachers (PAT): 720-407-0226

Other people I can call who will support me:

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