What is Pregnancy Related Depression? (PRD) refers to a variety of symptoms that occur for women during pregnancy and/or up to 12 months after delivery.

She is not ALONE...
These symptoms occur for 80% of women – called the “Baby Blues.”

When these symptoms are more serious and last longer than 2 weeks, it may be PRD. The cause is not known and it is not her fault.

Pregnancy Related Depression can make parenting more difficult

UP TO 20% of women suffer from Pregnancy Related Depression
Know the Signs:
» Crying often
» Trouble sleeping
» Self-doubt or feeling hopeless
» Difficulty responding to baby’s needs
» Irritable or anxious
» Moody
» Thoughts of harming self or the baby
  (immediately seek help)

How to Help
» Ask her how you can help or just provide help – such as taking care of the baby or cleaning up around the house
» Encourage her to talk about how she is feeling and listen
» Let her rest
» Be patient with her and yourself – takes time
» Know how to get your own support
» Educate yourself about pregnancy related depression
» Support her to get additional help if needed from her Healthcare Provider or by contacting a resource below

For more information and treatment in Adams County:
- Community Reach Center:
  Help with PRD: 303-853-3801
  General mental health support: 303-853-3500
- Postpartum Support International
  www.postpartum.net
- Colorado Crisis Services
  1-844-493-TALK (8255) or www.metrocrisisservices.org
  In case of an emergency:
  Call 911 or seek immediate assistance

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