

HELP END THE SILENCE...



SPEAK UP WHEN SHE IS DOWN

pregnancy related depression (prd)

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.

fact

Pregnancy Related Depression can make parenting more difficult

fact

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.metrocrisiservices.org

In case of an emergency:

Call 911 or seek immediate assistance



ECPAC

**EARLY CHILDHOOD PARTNERSHIP
OF ADAMS COUNTY**

9291 Clayton Street · Thornton, Colorado 80229
info@ecpac.org · www.ecpac.org