

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
EARLY CHILDHOOD PARTNERSHIP
OF ADAMS COUNTY

Information and resources for Expecting & New Parents can be found at
www.ecpac.org/parents-families/ or email: info@ecpac.org



**SPEAK UP
WHEN YOU ARE
DOWN**

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

Colorado Crisis Services
1-844-493-TALK (8255) or
coloradocrisiservices.org

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:

