

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](http://www.postpartum.net)

### **Colorado Crisis Services**

1-844-493-TALK (8255) or  
[coloradocrisisservices.org](http://coloradocrisisservices.org)

### **In case of an emergency:**

Call 911 or seek immediate assistance



**ECPAC**

**EARLY CHILDHOOD PARTNERSHIP  
OF ADAMS COUNTY**

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