

Symptoms

Symptoms may start during pregnancy or at any time in the year following birth. They may include, but are not limited to the following:

- ◆ Frequent sadness and crying
- ◆ Changes in appetite
- ◆ Numbness, intense fatigue
- ◆ Helplessness and despair
- ◆ Insomnia or hypersomnia
- ◆ Irritability and difficulty with anger
- ◆ Feelings of inadequacy, guilt, or shame
- ◆ Difficulty concentrating, indecisiveness
- ◆ Thoughts or fears that don't make sense
- ◆ Intrusive and/or repetitive thoughts
- ◆ Anxiety and/or panic
- ◆ Lack of interest in sex
- ◆ Overconcern for your baby
- ◆ Lack of feelings for the baby
- ◆ Exaggerated highs and lows
- ◆ Dramatic changes in feelings ranging from sadness to thoughts of suicide

The Mission of *Baby Blues Connection* is to provide support, information and resources to women and families coping with pregnancy and postpartum mood disorders and to the professionals who serve them.

PO Box 1122, Portland OR 97207



The *Exclusively Women* Program at Cedar Hills Hospital provides a safe and nurturing community, where women of all ages offer each other hope and support as they move through life stages.

10300 SW Eastridge St. Beaverton, OR 97225
503-944-5000

Call for a FREE assessment 24/7

www.cedarhillshospital.com



**THE CHILDREN'S
HOSPITAL**
LEGACY EMANUEL

Visit the Safety Store and Resource Center
www.legacyhealth.org/safetystore

Baby Blues Connection

*Help for pregnant and postpartum women with
depression or anxiety*



24 hour information/message line
Serving the Portland & Vancouver areas
toll free

866-616-3752

**Visit our webpage
and become a
member today!**

www.babybluesconnection.org
info@babybluesconnection.org

What We Offer

Baby Blues Connection is a 501(c)3 nonprofit organization providing many free services to pregnant and postpartum women and their families, as well as to the providers who serve them.

- ◆ **Telephone support:** Leave a message on our 24 hour phone line (English and Spanish), and one of our trained phone volunteers will call you back within 24 hours to give you caring guidance.
- ◆ **Mom-to-mom support groups** led by trained facilitators. You are not alone, and your feelings will be validated by women who are there to listen.
- ◆ **Partner Support** from trained volunteers with personal experiences to share.
- ◆ **Information Packets** with latest available data including coping strategies, reading lists, and listings of medical, counseling, and other care services.
- ◆ **Guest speakers** for other mom's groups, conferences, lectures, classes, family events, staff meetings for provider training, etc.

Please contact us if you or someone you know would benefit from our services.

What We Stand For

As mothers who have experienced pregnancy and postpartum depression and anxiety ourselves, we are keenly aware of the lack of information and support available. *Baby Blues Connection* stands for this possibility...

Mothers will feel heard, acknowledged and supported and will have informed resources to turn to, so that postpartum distress is lessened or eliminated, and women do not feel alone or afraid..



Special thanks for providing a home for our mom-to-mom support groups

Providence St. Vincent Hospital

Zenana Spa and Wellness Center

Southwest Washington Medical Center

Nurture PDX

East Portland Unitarian Fellowship

Legacy Emanuel Hospital

And to Mozak Design for web site design

Why We Are Here

Most parents realize that having a new baby may be difficult at times, but still anticipate a time of joy and fulfillment with the coming birth.

A mother can be completely unprepared for the range of confusing, frightening, and distressing emotions that she may experience during her pregnancy and/or the postpartum year. Often mothers feel inadequate and guilty, afraid to admit their feelings, especially in an age where women are expected to be "super moms".

This inability to ask for help only leads to further isolation, hopelessness, and a deepening of postpartum symptoms.

The truth is that as many as half of all women experience some depression and/or anxiety after giving birth, with about 20% remaining distressed for months. These symptoms are temporary but significant. It happens to first-time mothers and to women who have had no depression with prior births.

Even in this time of growing knowledge about postpartum disorders, doctors may not recognize that their patients are suffering. Husbands and family members may have difficulty finding resources for understanding and supporting the mothers or themselves.

We want you to know you are not alone, and there is help.