



POSTPARTUM SUPPORT

Are you sad or anxious?

Up to 20% of new moms have Postpartum Depression or Anxiety

Call 24 hours to leave a message

Baby Blues Connection 503.797.2843

A non-profit, volunteer group offering support, information, and resources.

Turn your experience into positive action.

Tell your story, validate your grief, learn tips, and gain education.

Support other mothers by listening and sharing.

We also offer helpful local resource lists by mail.

PPD symptoms vary and may come on gradually any time in the year following birth. You may have PPD if you have experienced:

- Frequent sadness or crying
- Changes in appetite
- Intense fatigue with low mood
- Insomnia or hypersomnia
- Anxiety/panic
- Feelings of helplessness, despair
- Lack of interest in sex
- Exaggerated high or low mood
- Irritability, anger
- Emotional numbness
- Repetitive thoughts or images
- Overconcern for the baby
- Feeling disconnected from baby
- Difficulty concentrating, indecisiveness
- Feeling overwhelmed, confused
- Feelings of inadequacy or guilt
- Thoughts of suicide

You are not alone

Call our phone line or join our Mom-to-Mom Support Group

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