



# Baby Blues Connection

PO Box 1122, Portland, OR 97207, Phone: 503-797-2843 or 360-735-5571  
info@babybluesconnection.org www.babybluesconnection.org

## Depression and Anxiety During Pregnancy & Postpartum

### Is it normal to feel sad and nervous after the birth of a baby?

- Many new moms feel weepy and anxious. This is normal and is called the “Baby Blues.” It goes away with rest, food, support, and time.
- Up to 20% of all pregnant and new mothers have more lasting depression or anxiety.
- Depression or anxiety is not just a mood. If your symptoms are disturbing, get in the way of your daily life, or last over two weeks, call your health provider or contact PSI.
- If you feel that you need immediate care, call 1-800-SUICIDE or your local hospital.

### What are some symptoms of Depression?

- Sadness, anger, exhaustion, nervousness, feeling out of control or overwhelmed
- Difficulty sleeping or eating
- Fears or scary thoughts that don't go away
- Feeling anxious or insecure, and nervous about being alone

### What should I do if I think I have Pregnancy or Postpartum Depression or Anxiety?

- Call your medical provider
- Contact PSI at 1-800-944-4PPD for support, information, and resources.
- Ask friends or family for help so you can take breaks
- Tell someone how you feel and find someone you trust that can help you

### What will help me feel better?

- Support and reliable information about getting through depression and anxiety
- Good nutrition: avoid sugar, caffeine, and alcohol
- Rest: Breaks from childcare
- Medicine or other treatment from a trusted healthcare provider
- Fresh air and movement
- Talking to other women and families who have been through it and recovered

### AM I AT RISK?

#### Check the statements that are true for you:

- It's hard for me to ask for help. I usually take care of myself.
- Before my periods, I usually get sad, angry, or very cranky.
- I've been depressed or anxious in the past.
- I am been depressed or anxious when I'm pregnant.
- My mother, sister, or aunt was depressed or very nervous after her baby was born.
- Sometimes I don't need sleep, have lots of ideas, and it's hard to slow down.
- My family is far away and I feel lonely.
- I don't have many friends nearby that I can rely on.
- I am pregnant right now and I don't feel happy about it.
- I don't have the money, food, or housing that I need.

---

Checking more than two items in the above list suggests that you have risk factors for depression or anxiety during pregnancy or postpartum. With help, all of these symptoms are temporary and treatable.

**You can prevent a crisis by reaching out.**

Baby Blues Connection: 503.797.2843/360-735-5571 www.babybluesconnection.org  
Postpartum Support International: 800.944.4PPD www.postpartum.net

**Leave a message.  
We will call you back.**