

## It's A Fact

- ◆ A mother cannot control or stop Postpartum Mood Disorders from occurring
- ◆ Postpartum Mood Disorders impact the whole family

Postpartum Mood Disorders are:

**NOT a weakness**  
**NOT your FAULT**

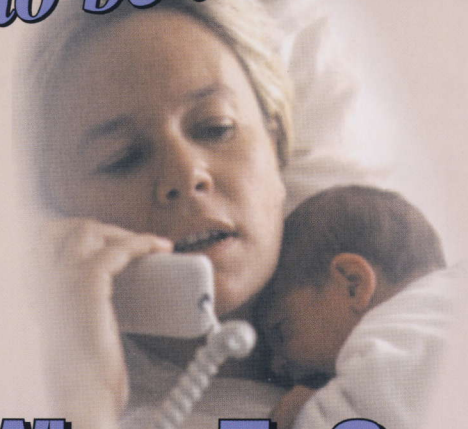
It **DOES** end  
There **IS HELP** available  
You are **NOT** alone

**ALL** new mothers need support

## How Do I Know I Need Help

- ◆ If symptoms persist for more than 2 weeks
- ◆ You feel confused and frightened
- ◆ You feel that nobody understands you
- ◆ You feel trapped and resentful
- ◆ You want help

*It doesn't have to be like this!*



## Where To Go For Help


- ◆ Physician
- ◆ Durham Health Connection Line
- ◆ Public Health Nurse
- ◆ Local Hospital Emergency Department
- ◆ Crisis Intervention Nurse



HEALTH  
DEPARTMENT

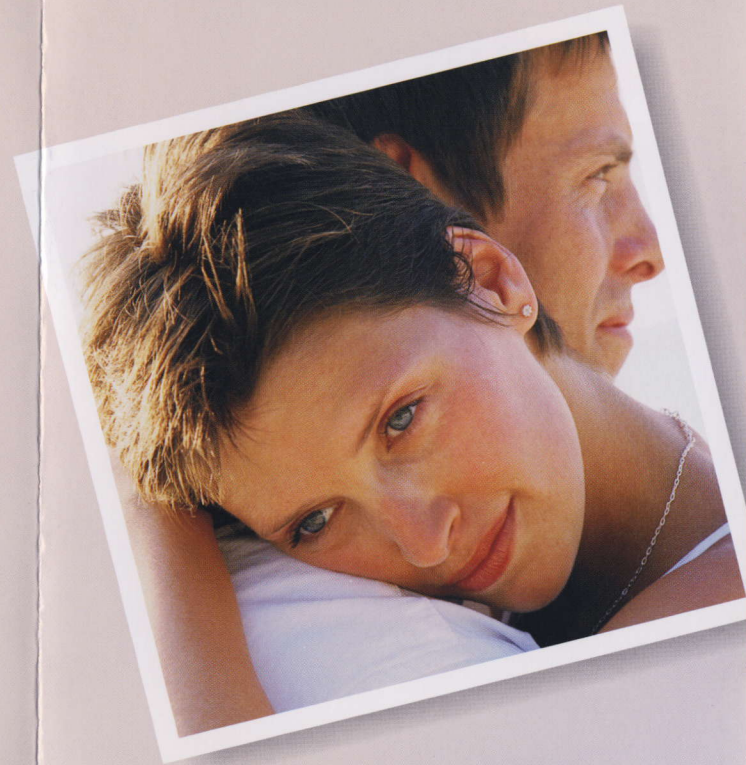
Durham Health Connection Line  
1-800-841-2729 or 905-666-6241  
[durham.ca](http://durham.ca)

Information available in accessible formats.

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*I didn't think it would be like this!*



# Postpartum Mood Disorders

# Is This Happening To You Or Someone You Love?

## Do You Feel:

- Really Sad
- Hopeless
- Exhausted
- Alone
- Worried
- Panicky
- Anxious
- Overwhelmed
- Frustrated
- Angry
- Guilty
- Scared
- That you are a failure
- That you are going crazy

## Are You Having Difficulty:

- Sleeping
- Relaxing
- Remembering things
- Concentrating
- Eating

## Have You Thought of:

- Harming yourself \*
- Harming your baby \*
- Harming others \*

**\*If you are having these thoughts, you should seek help IMMEDIATELY. Although these thoughts are common for a woman experiencing Postpartum Mood Disorders, they should be taken seriously.**

**While some of these symptoms are normal after the birth of a baby, if they continue for more than two weeks talk to your doctor or a health care provider**

## *How Do I Know?*

Postpartum Mood Disorders are more than just Baby Blues. Even though the symptoms such as feeling teary, sad, overwhelmed, irritable, and tired are the same, these symptoms last much longer in Postpartum Mood Disorders.

### Baby Blues

- Affects 80% of mothers
- Lasts 1-2 weeks
- Symptoms will disappear on their own
- No treatment required

### Postpartum Mood Disorders

- Affects approximately 10-20% of mothers
- Lasts more than 2 weeks
- Can begin anytime in the first year of baby's birth/adoption
- Symptoms will not disappear on their own
- Requires treatment

### Postpartum Psychosis

- Affects 1 or 2 women in 1000 new mothers
- Rare and severe reaction
- Loss of contact with reality for extended periods of time
- False beliefs, delusions, and/or hallucinations occur
- Requires immediate treatment