



Depression and Anxiety In Pregnancy or Postpartum

For services in your area contact:
Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858
Baby Blues Connection: 503-797-2843. They will return your call.
www.babybluesconnection.org

Is it normal to feel sad and nervous after the birth?

- Many new moms feel weepy and anxious. This is normal and is called “Baby Blues.” It goes away with rest, food, and support and time.
- 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 physician or the above numbers.

What are some symptoms of Depression?

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

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

- Call your medical provider and the above numbers
- Ask friends or family for help so you can take breaks
- Tell someone how you feel and find someone to talk to that you trust

What helps?

- Support and information about getting through depression
- Good nutrition: avoid sugar, caffeine, and alcohol
- Rest: Breaks from childcare
- Medicine from your healthcare provider
- Fresh air and exercise when you can
- Talking to other women who have recovered

For more information on loss, grief or postpartum depression see page 57.

Check the statements that are true for you:

- It’s hard for me to ask for help. I usually take care of myself.
- I’ve had trouble with hormones and moods, especially before my period.
- I was depressed or anxious after my last baby, or during pregnancy.
- I’ve been depressed or anxious in the past.
- My mother, sister, or aunt was depressed 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: I don’t have many friends nearby.
- I don’t have the money, food, or housing that I need.

If you checked more than two above, you are at risk for depression or anxiety. It is temporary and treatable. You will get through it with help and a plan for self-care. Call your medical provider, SafeNet or Baby Blues Connection for support or services.