



**IF YOU HAVE THOUGHTS OF HURTING
YOURSELF OR YOUR BABY**

1. Take action now!
2. Put your baby in a safe place like the crib.
3. Call a friend or family member for help--
Don't try to push through alone.
Postpartum depression is a real mental
health concern--there is help.
4. Call the 24 Hour Crisis Line
~1-800-SUICIDE (1-800-784-2433) or
5. Call the Mental Health Support Line
~310-6789

**POSTPARTUM DEPRESSION
CAN BE TREATED**

~Early detection and intervention make a big difference, so seek support as soon as you recognize symptoms that persist for more than 2 weeks.

~Psychotherapy will help you to develop skills to manage feelings and deal with problems.



**DON'T FORGET TO CELEBRATE YOUR
SUCCESS!**

Learning new skills to manage your feelings and cope with problems in a new way can provide a great sense of accomplishment. We know that you will tend to be more successful over time if you feel a sense of success right at the start. So make sure you set small realistic goals at first. Then recognize even the smallest shift in your behaviour and celebrate your successes!



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POSTPARTUM DEPRESSION

RECLAIM YOUR LIFE



❧ POSTPARTUM
DEPRESSION ❧

Up to one in seven women experience postpartum depression in the weeks or months following the birth of their baby. Unlike the baby blues, postpartum depression doesn't go away without treatment. Postpartum depression can make it difficult to get through your day and can affect your ability to take care of your baby and or yourself. Early detection and treatment make all the difference with postpartum depression.





WHAT IS POSTPARTUM DEPRESSION?

It is normal for women to get the “baby blues” following the birth of their child, but for 1 in 7 women, these blues do not go away on their own. Postpartum depression can appear weeks or even months after the birth of your baby and can persist for quite some time without support.

There are a few key facts about postpartum depression you should know:

~Postpartum depression affects all women regardless of socioeconomic status, ethnicity, marital status, number of children, or other

~Half of the women diagnosed with postpartum depression have never experienced depression before

~Many women who experience postpartum depression began dealing with symptoms in pregnancy



The Symptoms of Postpartum Depression

SYMPTOMS ARE DIFFERENT FOR EVERY WOMAN, BUT COMMON FACTORS INCLUDE:

- ~loss of interest or pleasure in things you once enjoyed (including sex)
- ~disinterest in your baby, your family or your friends, or difficulty bonding with your baby
- ~a change in your eating or sleeping habits (more or less)
- ~experiencing anxiety most or all of the time, experiencing panic attacks
- ~scary or racing thoughts
- ~feeling guilty, or worthless, excessive irritability, anger, agitation or mood swings, sadness, uncontrollable crying for long durations
- ~difficulty concentrating, or making decisions
- ~fear of being left alone with the baby or of not being a good mother
- ~thoughts of hurting yourself or your baby (call your doctor immediately)

Recovery is possible, regardless of symptom intensity!

IF SYMPTOMS PERSIST FOR TWO WEEKS OR MORE, YOU MAY NEED HELP



What can you do?

Talk openly about your feelings with your partner, other mothers, friends and other relatives and contact a licensed mental health professional as well as your doctor. It is important that you reach out to those around you for support and that you find someone your trust that can help you take care of your baby, especially during the night so you can get as much rest as you can. Make sure to speak to your health care provider if you cannot sleep even when you want to. Try to be reasonable about the number of tasks you take on and put aside those that are not important now. Exercise as soon as you can.