



If I have perinatal depression, what can I do?

per·i·na·tal

Refers to the period around the time of birth

Your depression is treatable.

You do not have to do it alone.

Have you been feeling anxious or sad since the birth of your baby? Do you not look forward to things you usually enjoy?

You are not alone. These feelings happen to many women. In most cases, these feelings go away quickly and are called “baby blues.” If these feelings don’t go away after two weeks, and become more severe, you need to see your doctor.

Only a trained health care or mental health professional can tell you whether you have perinatal depression. However, the following list can help you know whether you have some of the common symptoms:

- Crying, even over little things
- Trouble sleeping or sleeping too much
- Confusion
- Sadness
- Mood swings
- Irritability
- Feeling, “I’m not myself, this isn’t me.”
- Feeling hopeless

If you have more than one of the symptoms on the list, you need to see a healthcare provider. Here are some additional things you can do that may help:

1. Don’t do it alone

- Find a support group of other mothers
- Ask for help from family members or friends

2. Accept yourself

- There is no such thing as a perfect mother
- No mother does it all alone

3. Look after yourself

- Try to eat a healthy, balanced diet
- Take time for yourself - even two minutes with your feet up can be helpful
- Pay attention to the good feelings
- Try to get exercise every day

To learn more about perinatal depression, go to **www.beyondtheblues.info** or call **1-800-369-2229**.

You are not alone. You are not to blame. There is hope.