

Postpartum mood disorders are **REAL**.

1 in 5 mothers will have a postpartum mood disorder.



## POSTPARTUM DEPRESSION AND POSTPARTUM MOOD DISORDERS

Sometimes the “blues” don’t go away. Or you may also feel this way during your pregnancy or later during the baby’s first year.

### YOU MAY:

- Not feel yourself**
- Be sad and tearful**
- Feel exhausted, but unable to sleep**
- Have changes in eating or sleeping pattern**
- Feel overwhelmed and can’t concentrate**
- Have no interest or pleasure in activities you used to enjoy**
- Feel hopeless or frustrated**
- Feel restless, irritable or angry**
- Feel extremely high and full of energy**
- Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling or “lump” in the throat**
- Feel guilty and ashamed, thinking you are not a good mother**
- Not be bonding with the baby, or be afraid to be alone with the baby**
- Have repeated scary thoughts about the baby**
- Have thought about harming yourself or your baby**

Have you had any of these symptoms for more than two weeks? Don’t wait. There is help for you and your family.

- Your health care provider (family physician, midwife, nurse, OB/GYN, psychiatrist)
- INFO line to find your public health agency: 1 866 532 3161
- Telehealth Ontario: 1 866 797 0000 or TTY 1 866 797 0007
- Mental Health Services Information Ontario: 1 866 531 2600

## POSTPARTUM MOOD DISORDERS MAY LOOK LIKE THIS:

1. You tell everyone you are feeling great and they believe you. You are up early, you try to look perfect and get back into shape. The house is spotless and so is the baby. But you wonder how long you can keep this up. Inside you feel like a totally different person.

---
2. You don't feel like yourself at all. You can't get your head off the couch or the bed. You can't seem to take care of yourself and you don't even care if you do. You can barely take care of the baby.

---
3. You thought you would fall in love with your baby, but instead the baby scares you. How can you look after and love this helpless baby. You don't want to take care of her or you pass her to dad or family members. You sometimes think the baby would be better off without you.

---
4. You can't enjoy the baby, because you are always worrying about him. Is his diaper clean? Is he getting sick? What if you dropped him, if he slipped from your hands in the bathtub? What if he stopped breathing? You are constantly checking him, you can't even sleep and you are not letting anyone else look after him. You are getting more and more exhausted but you can't stop worrying.

---
5. You are feeling so irritable. You get angry at the least little thing. No one can do anything right, folding the laundry or changing the baby. Something did not get done the way you want it done. You know your family and friends are tiptoeing around you so not to upset you, but you just can't stop getting angry.