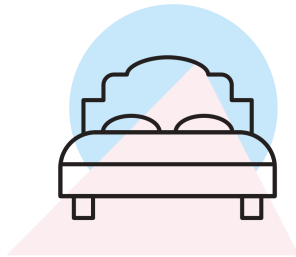


Pregnant or had a baby recently? Be informed about:

Postpartum Depression

It may be postpartum depression if you have had these signs **for more than TWO WEEKS** after giving birth...



Poor Sleep

It is expected to not sleep well after a baby is born, but if you are so anxious and restless that you are unable to nap while baby is asleep (or at all), this can be a sign of postpartum depression.

Mood shift

This could be a mix of strong irritability, tearfulness, sadness, inability to find joy in things, anxiety, irrational and uncontrollable worry, and hopelessness.



Poor attachment

Feel like you're not attaching to your baby? Feeling apathetic or like you just don't care (but guilty, because you know you should)? This could be a sign of PPD.

Bad thoughts

This includes thoughts to harm yourself, that you may be better off dead, harming your baby, harming your significant other or intrusive thoughts about any of these..



guilt

Do you feel guilty about having bad thoughts all the time? Not doing enough? Not being good enough? Feel like something is wrong with you?

Seek help. Tell your provider.

Find a new PPD trained provider: www.postpartum.net

PPD Help Line: 1-800-944-4773

Source: www.paperflowerpsychiatry.com

We offer specialized psychiatric services to the perinatal/postpartum community.