

Could you have

Postpartum Depression?

It's common to need time to adapt when you are pregnant or have a new baby in your life.

Many parents expect to feel happy with the arrival of a new baby and are surprised if they feel sad, anxious, angry or overwhelmed.

Depression and anxiety can affect any new parent and can start during pregnancy or any time in your baby's first year of life.



**If you are going through postpartum depression or anxiety,
*you are not alone.***

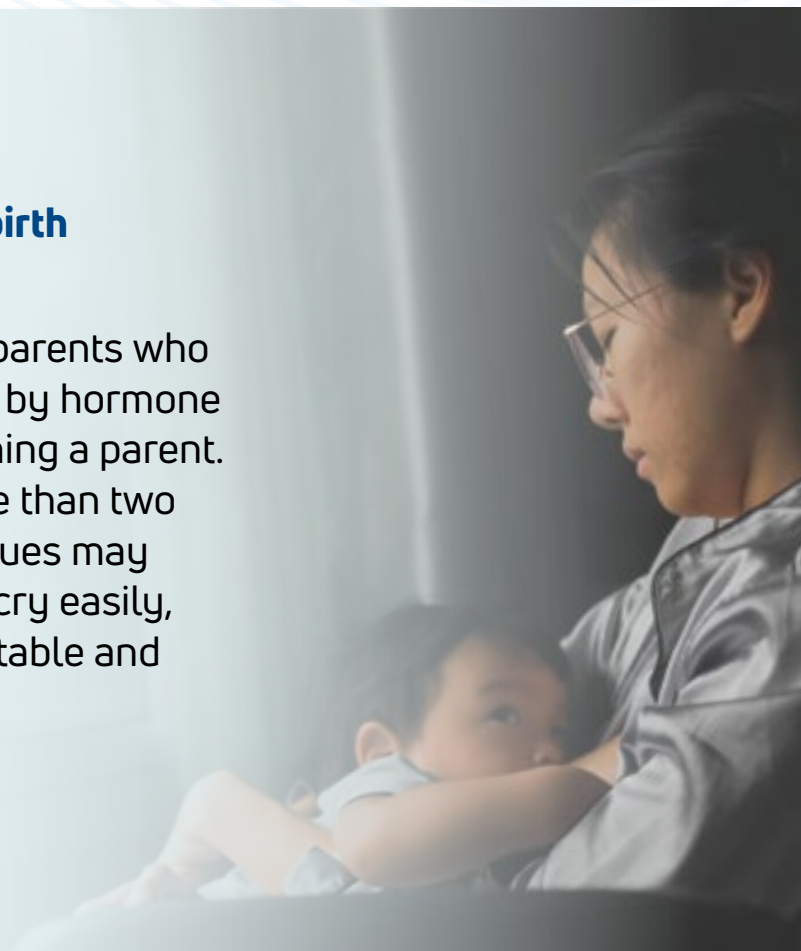
Many parents don't talk about how they are feeling because they are afraid others will think they are not able to care for their baby.

**This is NOT your fault.
There is help and there is hope.**

The Baby Blues

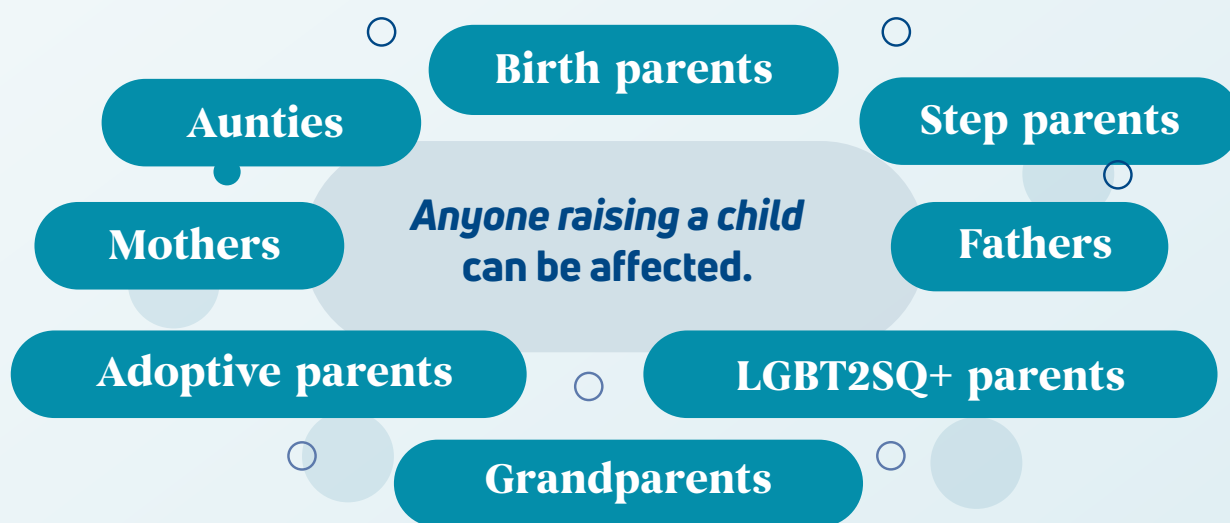
Up to 75% of people who give birth experience the baby blues.

The baby blues are common in parents who have given birth and are caused by hormone changes and adjusting to becoming a parent. Baby Blues usually last no more than two weeks. Parents with the baby blues may have mood swings, worry a lot, cry easily, and feel tired, overwhelmed, irritable and have trouble sleeping.



Beyond the Baby Blues

Many new parents experience depression or anxiety.



Postpartum depression can have physical and emotional causes. Often, other people are the first to notice that something isn't quite right. It is important to recognize the signs early and talk to a health care provider so you get proper support and care.

Signs of Postpartum Depression and Anxiety

Postpartum depression and anxiety can be different for each person. Talk to a health care provider if:



You feel

- Sad or empty
- Hopeless, anxious, trapped, overwhelmed, worthless, out-of-control
- Irritable or angry most of the time
- Unsure about how to care for your baby
- Can't stop crying



Your thoughts

- Trouble concentrating or making simple decisions
- Little or no interest or pleasure in your baby
- Resent your baby
- Worry about your baby's health or safety
- Racing or repetitive thoughts
- Worries or fears that don't go away
- Panic attacks



You are tired

- Constant fatigue, even after resting
- Trouble falling asleep
- Want to sleep all the time



Your behaviour

- Changes in appetite or weight
- Difficulty caring for yourself or your baby
- No interest in activities and relationships you usually enjoy

If you feel like you could harm yourself or your baby, get help right away.

Postpartum Depression Can Be Treated

If you think you have depression or anxiety talk to a health care provider. The sooner you get help, the sooner you will feel better.

Therapy, counseling, support groups and/or medication can help. Treatment can look different for each family. In addition to treatment, you can help yourself by:



Being kind to yourself

Don't pressure yourself to do everything you used to do. Do what you can and leave the rest.



Taking care of your body

Rest when you can. Be physically active, take walks with your baby. Eat healthy foods and avoid alcohol.



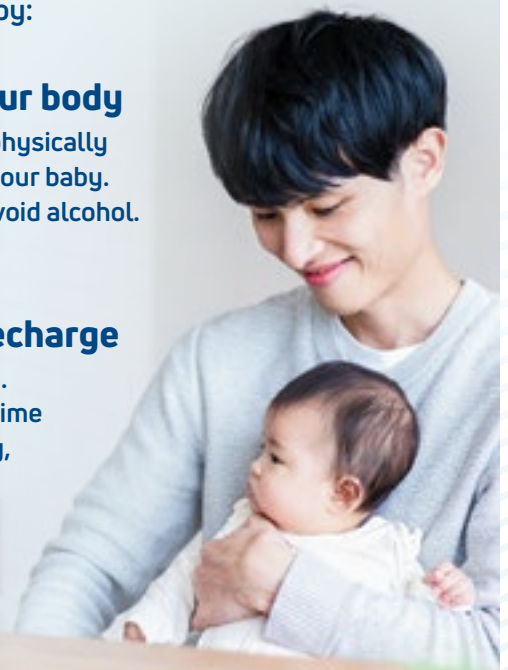
Asking for help

Take friends and family up on offers to help with laundry, cooking or taking care of baby so you can rest or get out of the house.



Making time to recharge

Do something you enjoy. Stay connected. Spend time with your partner, family, or friends.



How to Support Someone With Postpartum Depression

- If you think your partner or friend is experiencing postpartum depression or anxiety, tell them about your concerns. Be supportive, positive and avoid shaming or blaming the person.
- Encourage them to talk to a health care provider as soon as possible and go with them to appointments.
- Encourage them to talk about their feelings. Validate and reassure them.
- Ask family and friends for their understanding and support.
- Take care of the baby so your partner can rest.
- Do skin-to-skin contact with baby so your partner can rest.
- Help out with the daily house work and chores.

If you think you have postpartum depression or anxiety, these places can help.

Your health care provider
or midwife

Public Health Nurse
Call **204-926-7000**
to find your public
health nurse

Women's Health Clinic,
Birthing and Mothering
Program at
204-947-2422 ext. 113

Health Links-Info Santé
call **204-788-8200**

For more information:

The Postpartum Depression
Association of Manitoba
ppdmanitoba.ca

Postpartum Support
International postpartum.net

Canadian Mental Health
Association cmha.ca

Healthy Parenting Winnipeg
healthyparentingwinnipeg.ca

Need help now?

If you are feeling out of control, like you are not coping or having thoughts of harming yourself or your baby, this is a medical crisis.

Put your children in a safe place, call someone to watch them, and go to or call:

Go to:

Crisis Response Centre 24 Hour Service, 817 Bannatyne Avenue

24 Hour Crisis Lines:

Suicide Crisis Helpline
9-8-8

WRHA Mobile Crisis Service
204-940-1781

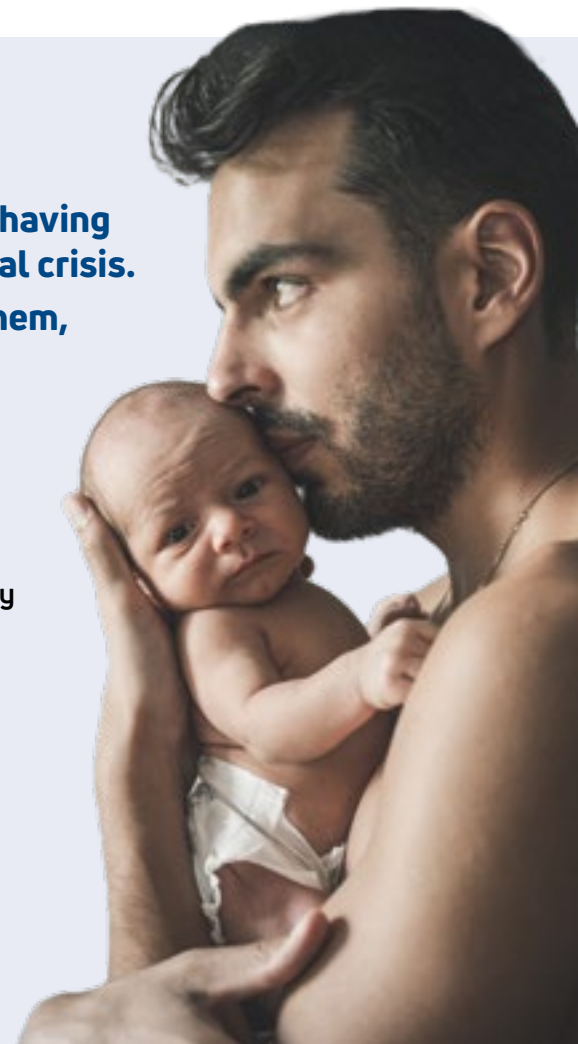
Klinic Crisis Line
204-786-8686

toll free: **1-888-322-3019**

Manitoba Suicide Line
1-877-435-7170

First Nations and Inuit Hope
for Wellness Help Line
1-855-242-3310

Winnipeg
Emergency
Services
911



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

In partnership with
**Women's Health Clinic
& Rainbow Resource Centre**