

What can I do about Postpartum Depression?

- Talk to your doctor about any symptoms, medical history, and any medications you are using
- Consider taking medication
- Consider psychotherapy- find a therapist or counselor you are comfortable with to talk about the feelings you are having
- Research postpartum depression and treatment options
- Become part of a support group where you can share your thoughts and feelings with others that have 'been there'
- Eat balanced meals at regular times
- Do light exercise like walking
- Give family and friends a chance to help you, such as doing housework or watching other children
- Use a journal to express your thoughts and feeling.



Coping with Postpartum Depression

- Focus on short term, rather than long term goals. Build something to look forward to into everyday, such as a walk or a bath or a chat with a friend.
- Look for free, or inexpensive activities; check out your local library, community centre, or place of worship.
- Spend time with your partner and/or close friend.
- Share your feelings and ask for help.
- Consult your doctor and look for a local support group.

Get help right away if you are having thoughts of harming yourself or your baby immediately.

Know you are not alone and there is a lot of people out there that can help you.



Postpartum Depression



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What is Postpartum Depression?

Postpartum depression is a medical illness, usually characterized by feelings of sadness, exhaustion, and anxiety. It follows the birth of a baby and is treatable.

It affects 1 in every 10 women.. It can affect any woman regardless of her age, race or economic background that has had a child.

The exact cause of postpartum depression is not known, but certain chemical changes that take place during and after pregnancy may be a factor.

It can be hard to talk about feeling depressed after the birth of a baby because of the belief that this should be the 'happiest time in your life'. Suffering from postpartum depression can make the time after delivering your baby anything but joyful. You may feel like you are not a good mother or that the baby would be better without you. You may feel ashamed of these feelings and will want to hide them from family and friends. It is very important that you tell someone, whether it be your doctor, a friend or a family member and that you seek help. Getting treatment early is the best thing you can do for yourself, your baby and the rest of your family.

What are the Symptoms of Postpartum Depression?

- Feelings of sadness that won't go away
- Sleeplessness, even when the baby is sleeping
- Changes in appetite
- Irritability, anger, worry, agitation, anxiety
- Inability to concentrate or make decisions
- Inability to enjoy things you used to
- Exhaustion
- Uncontrollable crying
- Feelings of guilt or worthlessness
- Feelings of hopelessness
- Fear of being a 'bad' mother
- Fear that harm will come to the baby
- Thoughts of harming the baby or yourself
- Thoughts of death or suicide



What are some risk Factors :

- A history of depression during other pregnancies
- A history of depression or bipolar disorder at any time
- A family history of depression or bipolar disorder
- Poor social support
- Unpleasant life events around the time of birth
- Unstable relationship
- Feelings unsure about the pregnancy

