



This is not how I thought I would feel...

A self-assessment for "Baby Blues" and Postpartum Depression/Anxiety

What is "baby blues?"

It is normal to sometimes feel tired, sad, anxious and angry after the birth of a baby. We call this the "baby blues." If your feelings don't get better with rest, family help and time (usually within 1 to 3 weeks) you might have postpartum depression or anxiety.

Do I have postpartum depression and/or anxiety?

Postpartum depression and/or anxiety can begin at the time of birth or up to one year (sometimes longer) after the birth of your baby. About "one in eight" women suffers from postpartum depression and/or anxiety.

Ask yourself the following questions. Mark all the boxes that describe how you are feeling. **Get help if you check more than one box, have thoughts of harming yourself, your baby or others.**

During the last week or two:

- I have been unable to laugh and see the funny side of things.
- I have not looked forward to things I usually enjoy.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no good reason.
- I have felt scared or panicky for no good reason.
- Things have been getting the best of me.
- I have been so unhappy that I have had difficulty sleeping.
- I have felt sad or miserable.
- I have been so unhappy that I have been crying.
- The thought of harming myself, my baby, or others has occurred to me.

(Adapted from the Edinburgh Postnatal Depression Scale. Cox, J.L., Holden, J.M and Sagovsky, R. (1987))

Turn this card over to find out what you can do.

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What can I do?

- Talk to your partner, family, and friends and give them things they can do to help you. Ask if you need help to make that first phone call.
- Tell your doctor or your baby's doctor about your feelings.
- Ask for a visiting nurse through your public health department to come to your home: 707-268-2105.
- Find support with other new mothers. Attend a play group for new moms. Call First 5 Humboldt at 707-445-7389, for locations of play groups and resource centers.
- Talk to a counselor or therapist.
- Make sure you are taking time for rest, exercise and healthy foods.

Resources

Your doctor or your baby's doctor. (Ask for a referral for help.)

Your insurance company for counseling services

Humboldt County Department of Health and Human Services:

Public Health Branch (visiting nurse): 707-268-2105 or 1-866-597-1574 (toll free)

Maternal Child and Adolescent Health (information/support): 707-445-6210 or 1-800-698-0843 (toll free)

Mental Health Branch (counseling): 707-445-7715 (crisis line) or 1-888-849-5728 (toll free)

Northcoast Children's Services (child care education/support): 707-822-7206 or 1-800-808-7206 (toll free)

Humboldt Doulas: www.humboltdoulas.com

Your local family resource center or play group (call First 5 Humboldt for locations): 707-445-7389 or visit website: www.humkids.org

Lactation consultants/educators: www.humkids.org (under breastfeeding resources)

K'ima:w Medical Center: 530-625-4261, ext. 289

United Indian Health Services: 707-825-5060 (for UIHS eligible clients)

North Coast Association of Mental Health Professionals: www.ncamhp.org

Humboldt Community Switchboard (theswitchboard.org): 707-441-1001 or 1-877-460-6000 (toll free)

Postpartum Support International (www.postpartum.net): 1-805-967-7636 or 1-800-944-4773 (toll free)

<http://www.mededppd.org>

FOR SPANISH SPEAKERS:

Paso a Paso : 707-441-4477, 707-441-4476 or 707-599-2474

[www.mededppd.org /sp](http://www.mededppd.org/sp)

www.postpartum.net

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