

What can I do if I feel sad?

- #1 Take care of yourself
 - Rest as much as you can
 - Make simple meals
 - Eat healthy foods
 - Laugh and cry
 - Go outside and walk
- #2 Accept help from others
 - See your family and friends
 - Take a break when other people watch the baby
 - Talk to other parents of new babies
 - Join a play group or support group
 - Keep older children in child care
- #3 Be kind to yourself. Do not try to do everything.

Who can help?

- * Back Cove Midwives (a group for women's health)
 - Call for information: (207) 871-0666
- * Online Support
 - Postpartum Support International Website: postpartum.net
 - Go to "Postpartum Resources" for "Area Coordinator"

The Baby Blues

Postpartum Depression and Anxiety



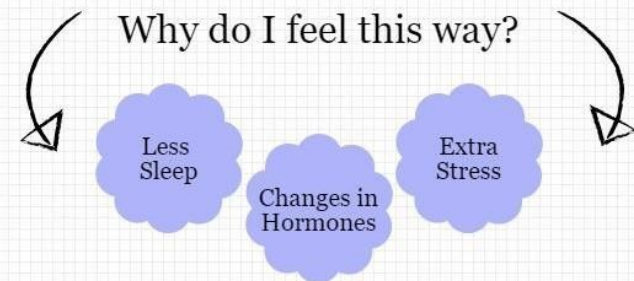
Congratulations!

You have just had a baby. This is a very exciting time in your life, but for some reason you may be feeling sad, tired, and ready to give up.

You are not alone.



7 out of 10 women feel the same way you do



These feelings usually start one or two days after you have your baby. They will last for about one week and usually go away after two weeks

Turn the page to learn more →

Signs and Symptoms

of Postpartum Depression and Anxiety

I'm feeling...

- like there is just too much that needs to be done
- like things will not get better
- easily annoyed or angry
- sad or anxious (nervous)

and I'm afraid...

- of being by myself
- of hurting myself, my partner, or my baby

and I'm also...

- having a hard time thinking
- not able to feel good about things
- having no interest in activities I normally enjoy
- sleeping too much or not enough
- eating too much or not enough

These feelings are sometimes called

The Baby Blues



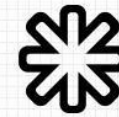
Baby is born!



Baby is
one week old



Baby is
two weeks old



If "The Baby Blues" lasts longer than two weeks and gets worse, you may have "Postpartum Depression and Anxiety"

What is "Postpartum Depression and Anxiety?"

Postpartum = after having a baby

Depression = feeling sad, extra tired all through the body, or feeling ready to give up on things in your life that you normally care about

Anxiety = feeling worried, nervous, or scared



**Postpartum + Depression + Anxiety =
Feeling sad, tired, worried, or scared for weeks
or months after having your baby**

Postpartum Depression and Anxiety is serious.
Talk to your doctor if you think you may have
Postpartum Depression and Anxiety