



Life with a new baby is not always what you expect

You may be **1 in 5** mothers with a Postpartum Mood Disorder. *There is help & you can recover!*

Postpartum Blues or “Baby Blues” are common.

Almost 4 in 5 mothers will have postpartum blues. Pregnancy, childbirth or adoption brings a lot of change. Adjusting is not always easy. Baby blues can happen in the first few days or weeks after the baby is born. ***This is normal.*** It will pass earlier if you take care of yourself & let family & friends help you.

You may:

- Feel sad & tearful
- Feel irritable
- Feel exhausted
- Feel overwhelmed
- Have changes in your sleeping or eating patterns

Postpartum Mood Disorders are common.

1 in 5 mothers will have a postpartum mood disorder. Sometimes the “blues” don’t go away. You may feel this way during your pregnancy or later during the baby’s first year.

You May:

- Not feel like yourself
- Be sad & tearful
- Feel exhausted, but unable to sleep
- Have changes in eating or sleeping pattern
- Feel overwhelmed & can’t concentrate
- Lack interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel restless, irritable or angry (high energy)
- Feel anxious - feel aches, chest pain, shortness of breath, numbness, tingling or lump in the throat
- Feel guilty & ashamed. Think you’re not a good mother
- Not be bonding with the baby or afraid to be alone with the baby
- Have repeated scary thoughts about the baby
- Have thoughts about harming yourself or the baby



If you have any of these symptoms for more than two weeks, don’t wait. Get Help!

Postpartum Psychosis is rare.

This is a serious illness with risks to mother & baby. **If you have any of these feelings or thoughts, don’t wait. Get Help!**

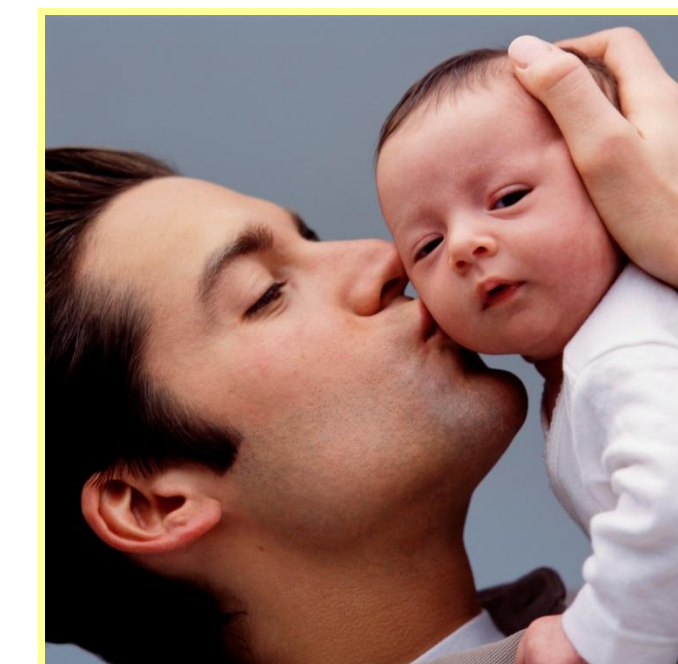
You May:

- Have thoughts of harming yourself or the baby
- Hear or see things that are not there
- Believe people or things are going to harm you or your baby
- Feel confused or out of touch with reality

What you can do...

- Do not blame yourself.** You are not alone in feeling this way. Do not feel guilty for your thoughts. This does not make you a bad mother.
- Ask for help.** Talk to your partner, family, friends & health care provider. Delaying help may delay recovery.
- Take care of yourself.** Try to rest, eat healthy & exercise.
- Take time for yourself.** Accept offers for help.
- Get counseling, talk to someone or join a parent support group**
- Consider medication.** Your health care provider may recommend medication that is safe to use while breastfeeding & is not addictive.

What a partner, friends & family can do...



- Listen & support her feelings.**
- Encourage her to seek help.** Help find a health care professional. Offer to go with her to appointments.
- Develop your relationship with the baby.** This can provide the mother with a much-needed break.
- Ask her how you can help.** Provide meals, do household chores, or provide childcare.
- Educate yourself about postpartum mood disorders.**
- Don’t take it personally.** It is not her fault or yours.
- Take some time for yourself to do what you enjoy.**
- Find someone to talk to.** Family, friends, health provider or crisis line.



Do you need more help? Contact your local **Mental Health & Addiction Services Office or Community Health Nursing Office**
Mental Health Crisis Line 1-888-737-4668
NL Health Line 1-888-709-2929



Remember...this is not your fault. There is help & you can recover.