

 <p>The Seventh Mom Project, Inc.</p>	<p>POSTPARTUM “BLUES”</p> <p>50-80% of women</p>	<p>DEPRESSION AND ANXIETY DURING PREGNANCY & POSTPARTUM</p> <p>15%-30% of women</p>	<p>POSTPARTUM PSYCHOSIS</p> <p>1-2 per 1000 women</p>
<p>When does it start and how long does it last?</p>	<p>Can occur anytime in the first week.</p> <p>Usually gone 2-3 weeks after birth.</p>	<p>Can occur anytime in pregnancy or first year after birth. It can start gradually or suddenly. Unless treated, it may not go away.</p>	<p>Usually occurs within the first 4 weeks after birth and as early as 48 to 72 hours after birth.</p> <p>NEEDS TREATMENT IMMEDIATELY</p>
<p>Are you experiencing?</p>	<p>Frequent crying Sleep disturbances (insomnia/excessive sleeping) Appetite disturbances (eating too much or too little) Anxiety/Panic Attacks Feelings of anger/irritability Over-concern or lack of concern for baby Intrusive repetitive thoughts or mental pictures Reliving past trauma Feelings of guilt and worthlessness Feeling overwhelmed/unable to cope Loss of interest in things you previously enjoyed Fear of harming your baby or yourself*</p> <p>*THIS IS A SERIOUS EMERGENCY AND REQUIRES IMMEDIATE ATTENTION</p>		<p>Seeing or hearing things that others do not. Agitation, restlessness, irritability Mania: feeling speeded up, distractible, excitable, having a decreased need for sleep, or exhibiting fast, pressured speech. Confusion Paranoia (extreme fears) Extreme mood swings Inability to reason, delusions Thoughts or plans of hurting yourself or your baby</p>
<p>What can I do?</p>	<p><i>It's not your fault and you are not to blame!</i> Talk with your healthcare provider about how you are feeling. Find a supportive person to talk with---Reach out for support. Be easy on yourself, limit your expectations.</p>		<p>Needs to be treated by a doctor right away. A friend or family member may notice signs before you do.</p>
<p>Who do I call for support and information?</p>	<p>My primary care physician/OB/Midwife:</p> <hr/> Postpartum Support International Warm line: 1-800-944-4773 Suicide Prevention Hotline: 1-800-273-TALK (8255) Crisis Intervention: Dial 211 The Seventh Mom Project, Inc.: 727-871-7281 or 772-834-3765 https://www.facebook.com/theseventhmomproject		<p>GO TO YOUR CLOSEST EMERGENCY DEPARTMENT</p>