



Postpartum Mood Disorders can affect any woman. It is important to know the signs and symptoms so that you may get help.



## Help for

# Postpartum Mood Disorders

Pregnancy, the birth of a baby, or an adoption brings physical, emotional, and social changes. Adjustments to the new roles and relationships are not always easy. Feeling sad, irritable, exhausted, and overwhelmed; as well as, changes in your sleeping or eating patterns is normal. This is called the “baby blues”. It will pass in a few days or at the most, two weeks.

If the “blues” don’t go away you may:

- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel extremely high and full of energy
- Feel anxious
- Feel guilty and ashamed
- Not be bonding with the baby, or are afraid to be alone with the baby
- Have repeated scary thoughts about the baby
- Have thoughts about harming yourself or your baby

If you have any of these symptoms for more than two weeks, you may be a mother with a postpartum mood disorder. This is not your fault. There is help for you and your family.

### Things You Can Do

**Do not blame yourself.** You are not alone in feeling the way you do. Your thoughts and feelings do not make you a bad mother.

**Ask for help.** Talk to your partner, family, friends, and health care provider. Delaying help may delay recovery.

**Take care of yourself.** Try to rest, eat healthy foods and get some fresh air and exercise.

**Take time for yourself.** Accept offers for help with household chores and baby care so you can have a break.

**Get counselling.** Attend one-to-one counselling sessions or join a support group with other parents; it is helpful to talk through your feelings in a safe and supportive environment.

**Consider medication.** Your health care provider may recommend medication that is safe to use while breastfeeding and is not addictive.



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### Where to Find Help

**Your health care provider (family physician, midwife, nurse, OB/GYN, psychiatrist)**

**Thunder Bay District Health Unit                      625-5972**  
**“Beyond the Baby Blues”**

**Postpartum Depression & Anxiety Support Group**

*“Healthy Communities Family Health Program”*

999 Balmoral St.

[www.tbdhu.com](http://www.tbdhu.com)

**Thunder Bay Crisis Response Service              345-5564**

**Visit the following websites:**

**Our Sisters Place**

[www.oursistersplace.ca](http://www.oursistersplace.ca)

**Mental Health Services Information Ontario**

[www.mhsio.on.ca](http://www.mhsio.on.ca)

**Pacific Postpartum Support Society**

[www.postpartum.org](http://www.postpartum.org)