



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.



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

Thunder Bay Crisis Response Service 346-8282

Visit the following websites:

Our Sisters Place

www.oursistersplace.ca

Mental Health Services Information Ontario

www.mhsio.on.ca

Pacific Postpartum Support Society

www.postpartum.org

Beendigen Post Natal Program

682-0624

www.beendigen.com

