

POSTPARTUM DEPRESSION

Depression is the number one complication of pregnancy.

The birth of a baby brings with it a wide range of emotions. Along with the excitement and joy, there may be feelings of uncertainty, frustration, anxiety and being completely overwhelmed. Regardless of how much a baby is desired and looked forward to, there are sometimes unexpected highs and lows. Up to 20 percent of mothers have depression or anxiety during pregnancy or postpartum. This has nothing to do with age, race, financial situation or whether or not the pregnancy was planned. If you feel sad, hopeless, inadequate as a mother, or have lost interest in things you once enjoyed, there is help.

Remember, you are not alone. You are not to blame. With help, you will be well. Please discuss your concerns with your primary care provider.

How are you feeling now?

These statements are designed to help you clarify your feelings and determine if you are in some distress. Please rate each statement as “Yes,” “No,” or “Sometimes” by what comes closest to how you have felt in the last seven days, not just how you feel today. Please discuss your results with your health care provider.

I have been able to laugh and see the funny side of things recently.

☐ Yes ☐ No ☐ Sometimes

I have looked forward to enjoyment of things.

☐ Yes ☐ No ☐ Sometimes

I have blamed myself unnecessarily when things went wrong.

☐ Yes ☐ No ☐ Sometimes

I have felt scared or panicky for no reason.

☐ Yes ☐ No ☐ Sometimes

I have not been coping well with everyday things. I have been so unhappy that I have had difficulty sleeping.

☐ Yes ☐ No ☐ Sometimes

I have felt sad or miserable.

☐ Yes ☐ No ☐ Sometimes

I have felt so unhappy that I have been crying.

☐ Yes ☐ No ☐ Sometimes

The thought of harming myself has occurred to me.

☐ Yes ☐ No ☐ Sometimes

**If you responded “yes” or “sometimes” to this last question, please contact your health care provider immediately.*