SPEAK UP WHEN YOU'RE DOWN.
1-888-404-7763

If you think you or a loved one may have PPD:

- Call 1-888-404-7763 (WA State residents) to find services near your home
- Visit www.speakup.wa.gov
- Talk about your feelings with your doctor and those you trust
- Ask for help in caring for baby
- Exercise
- Join a PPD support group

Healthy feelings between you and your baby are important for the baby's growth and well-being.

Waiting too long to treat PPD can have serious and long-lasting effects on both you and your baby. It can also affect other members of your family. So speak up when you're down to find a treatment that's right for you. Treatment may include counseling, medicine, and support groups.

"I am so grateful for the friend who helped me recognize my PPD. Getting help was the smartest thing I ever did for my baby and for myself."

– CHERYL MURFIN BOND
Mother of two, Shoreline, WA

MORE THAN THE "BABY BLUES".

Up to 80 percent of new mothers experience a range of highs and lows during pregnancy or following birth. Usually, these "baby blues" are mild and pass quickly. Joining a support group for new moms or talking with other moms can help you get a handle on normal "baby blues."

Some women, however, experience more than the blues.

1 woman in 10 feels depressed during pregnancy

1 woman in 8 experiences postpartum depression after birth

1 woman in 1,000 experiences postpartum psychosis, an illness that can have severe consequences if left untreated.

If you or someone you love is in crisis following pregnancy or birth, call 9-1-1.

YOU CAN FEEL BETTER!

No matter how bad you feel today, there is hope for a brighter tomorrow.

You can beat the symptoms of PPD.

Treatment can help... but you have to speak up when you're down.

Call: 1-888-404-7763
Operated by Postpartum Support International of Washington (PSI of WA)

WCPCAN
Washington Council for Prevention of Child Abuse and Neglect
Children's Trust Fund of Washington

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www.wcpcan.wa.gov

Thanks to the New Jersey Department of Health and Senior Services and Division of Family Health Services for its "Speak up When You're Down" campaign assistance.

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Recognizing Postpartum Depression

Speak Up When You're Down

1-888-404-7763
www.speakup.wa.gov

COULD YOU HAVE POSTPARTUM DEPRESSION (PPD)?

Have you recently been pregnant or had a baby?

Do you feel sad, anxious, or like you can't handle things?

Have you thought about hurting yourself, your baby, or others?

IF YOUR ANSWER IS YES TO ANY OF THESE QUESTIONS, YOU ARE NOT ALONE.

PPD is the number one complication of childbirth.

PPD affects between 8,000 and 16,000 women in Washington State each year.

PPD is REAL. And there is REAL help available for you.

Talking about how you feel is the first step...

"Women need to understand that postpartum depression is real and it is common. They need to know they are not alone. Even the most well-educated, mentally balanced woman can experience this painful illness."

– MARY YGLESIA
Director of Midwife Education
Seattle Midwifery School

PPD WILL NOT LAST FOREVER. IT CAN BE TREATED.

Having a baby is a major life change.

PPD can affect ***any*** woman who:

- Recently had a baby
- Had a miscarriage
- Ended a pregnancy
- Stopped breastfeeding

Warning signs differ and may appear days, weeks or even months after a pregnancy or birth.

They may include:

- Trouble sleeping, or sleeping too much
- Eating much more or less than normal
- Feeling irritable, angry, nervous, or exhausted
- Lack of interest in baby, friends, and family
- Low or no sex drive
- Feeling guilty, worthless, or hopeless
- Crying a lot
- Feelings of being a bad mother
- Low energy, or trouble concentrating
- Thoughts of hurting the baby, yourself, or others

HELP IS AVAILABLE.

If these symptoms last longer than two weeks or make it hard to enjoy life, it is time to seek help. You can recover from PPD with proper treatment. Speak up when you're down!

PHONE
1-888-404-7763

WEB SITE
www.speakup.wa.gov

PPD CAN AFFECT ANYONE.

PPD can affect any woman no matter what her age, race, income level or culture is or how many children she has had. There are no clear answers as to why it happens, but research tells us some things may increase the risk:

- A difficult pregnancy
- A birth that did not go as planned
- Medical problems with you or the baby
- A very fussy baby
- Not getting enough sleep
- Feeling alone
- Loss of freedom
- Sudden changes in home or work routines
- Your own or a family history of depression
- A past experience with PPD
- Not enough support from family and friends
- High levels of stress

FAMILY AND FRIENDS.

As a family member or friend, you may feel confused or worried by mood changes in a woman who has had a baby or been pregnant. Your support will help, but if symptoms are severe or last longer than two weeks, encourage her to get the help she needs.

"Thank goodness my husband and my doctor both recognized the signs of PPD. I was able to get the treatment I needed so I could feel like myself again."

– MONICA LOPEZ
Mother of three, Yakima, WA