

Postpartum Depression

If you have recently given birth and have been feeling down, you are NOT alone. Read on for information on what you may be experiencing, how & when to seek help, & resources that can help you feel more in control.



What is it?

Postpartum depression is a perinatal mood disorder. It is most common during the first six weeks after birth, but can happen anytime during the perinatal period. The perinatal period is the entire time frame from when a woman becomes pregnant, all the way until the baby's first birthday. It is most common in women, but can also affect men.

Postpartum depression is the MOST COMMON complication of childbirth, and is nothing to be ashamed of.

It is important to seek treatment from a professional because without help, postpartum depression can get worse and could have negative effects for you and your baby.



For Family, & Friends:

Postpartum depression is a real illness & is not a sign that a new mom is weak, not working hard enough, or does not love the baby. You can help your loved one by:

- Be patient and offer words of encouragement and support.
- Encourage her to seek professional help. She may need your help calling a helpline or scheduling an appointment.
- Listen to her feelings and concerns.
- Let her know that you are here for her and she will get better.
- Offer to help with the baby or around the house so she can rest.

Symptoms of Postpartum Depression

Symptoms of Postpartum Depression Include:

- Feeling overwhelmed
- Feeling guilty
- Not feeling bonded to your baby
- Feeling irritable or angry
- Easily annoyed
- Feeling numb or empty
- Feeling very sad or depressed
- Crying a lot
- Feeling hopeless
- Changes in eating habits—especially over or under eating.
- Not sleeping enough (more than normal new mom exhaustion) or trouble sleeping when your baby is sleeping
- Sleeping too much or trouble getting out of bed
- Trouble concentrating
- Feeling disconnected

Symptoms usually begin in the first six weeks after giving birth, but can begin anytime in the baby's first year of life.



Seek help immediately if:

- You feel that you may hurt yourself or your baby
- You feel out of touch with reality (you may see or hear things that other people don't)

If you are experiencing these symptoms, call 911, go to the emergency room, or call the National Suicide Prevention Hotline at 1-800-273-8255

The Baby Blues? OR Postpartum Depression?

Many women experience a brief period of mood swings and other symptoms shortly after giving birth or while they are pregnant. This is called the "baby blues" and can last from a few days to a few weeks. Sometimes it can be hard to tell if what you are experiencing is the baby blues, or something more serious. Check your symptoms below, and remember that if you are ever unsure, it is always best to check with your doctor.

Baby Blues

If...

You feel like you just aren't yourself.

You have trouble managing your emotions.

You feel overwhelmed but are still able to care for yourself & your baby.

You may be experiencing the baby blues. These symptoms usually go away on their own after a few weeks. Take special care of yourself, seek help from your partner or a friend, and continue to watch for signs of depression.

Postpartum Depression

If...

You feel "robotic", like you are just going through the motions.

You have little interest in things you used to enjoy

You have scary, upsetting thoughts that don't go away.

You feel guilty or like you are failing at being a mom.

You may be experiencing postpartum depression. Get help by contacting your healthcare provider. Call Postpartum Support International at 1-800-944-4773. Tell your partner, family or friends about your feelings so that they can help you.

National & MO Statewide Resources:

National Suicide Prevention Hotline

www.suicidepreventionlifeline.org

In English:

1-800-273-8255

En Espanol:

1-888-628-9454

Postpartum Support International

Help and information for
parents, local resources.

www.postpartum.net

Helpline:

Call: 1-800-944-4773

Text: 503-894-9453

ParentLink

Parenting
information and
questions,
resource referral,
and support.

Warmline:

573-882-7323

Birthright

24/7 helpline for
pregnancy and
parenting support.
Resource centers in
some communities.

www.birthright.org

Helpline:

1-800-550-4900

Child Care Aware of Missouri

Assistance finding
childcare in your
area.

mo.childcareaware.org

1-866-892-3228

Help Guide International

Information on
many common mental
health conditions,
including PPD.

**www.helpguide.org or
[www.facebook.org/
helpguide](https://www.facebook.org/helpguide)**

Office on Women's Health

Information on many
women's health issues,
including PPD.

www.womenshealth.gov

Helpline:

1-800-994-9662



Boone County Resources:

Lutheran Family & Children Services

Counseling, Support Groups
& Home Visiting.
573-815-9955

First Chance for Children

Cribs for new babies, home
visiting & parent education,
Lend & Learn Toy Library.
573-777-1815

Nona Birth Education & Counseling

Specializes in perinatal
counseling.
573-999-4126

Voluntary Action Center

Various resources, including;
carseats, diapers, food, bus
passes, & more. Seasonal
Christmas gift program.
(573) 874-2273

Burrell Behavioral Health

Counseling, Case
Management, Psychiatry,
Medication Management.
573-777-7500

Columbia Parents as Teachers

Home visiting, child
development education &
screenings, & group events.
573-214-3955

Tiger Tot Mommies

In person and Facebook
support group for Moms in the
Columbia area.
**[www.facebook.com/groups](http://www.facebook.com/groups/tigertotmommies)
[/tigertotmommies](http://www.facebook.com/groups/tigertotmommies)**

Anxiety and Depression Clinic of Columbia

Individual & relationship
counseling, life coaching
573-823-7192

Postpartum Depression & Anxiety Support Group

Meets from 6-7:30 p.m. the third Tuesday of each month in the
conference room at MU's South Providence Medical Park.

**For more information, contact Beth Orns at 573-884-1124
or ornse@health.missouri.edu**

Mid-MO Resources:

Calloway County

Serve, Inc 573-642-6388
 Fulton Parents as Teachers 573-590-8050
 Calloway CMCA 573-642-3316
 Faith Maternity Care. 573-826-2833
 Community Heath Center
 of Mid-Missouri. 573-826-2700
 Family Counseling Center. 573-642-3239
 Options Unlimited of
 Fulton-Arthur Center. 573-642-3215

Cole County

JCPS Parents as Teachers. 573-659-3026
 Lutheran Family
 and Children Services 573-815-9955
 Cole CMCA 573-635-4480
 Capital Region Center
 for Mental Wellness 573-632-5560
 Grace Counseling, LLC 573-644-6128
 Pathways Community Heath. . . . 573-634-3000

Randolph County

Moberly Parents as Teachers. . . . 660-269-2624
 Moberly Community Counseling. . 660-263-0680
 Burrell Behavioral Health. 660-263-7651
 University Behavior
 Health Services. 660-263-7651
 Randolph County Health
 Department/WIC 660-263-6643
 North East Community
 Action Corporation. 660-263-6595

Macon County

Ray of Hope Pregnancy Care. . . . 660-395-8099
 Macon Parents as Teachers. 660-385-7601
 Macon County Health
 Department/WIC 660-395-4711
 Health & Healing LLC. 660-395-0180
 Mark Twain Behavioral Health. . . . 660-395-9114
 Preferred Family Healthcare 660-385-7111
 North East Community
 Action Corporation 660-385-4616

Cooper County

Boonville Parents as Teachers. . . . 573-644-6128
 Cooper CMCA 660-882-5601
 Bonnie Riley & Associates. 660-882-6400
 Burrell Behavioral Health. 660-882-7573
 Center for Women's Ministries. . . . 660-888-8410
 Family Counseling Center
 of Missouri - Boonville. 660-882-2400

Audrain County

Mexico Parents as Teachers 573-581-3776
 Audrain CMCA 573-582-7864
 Audrain County Health
 Department/ WIC 573-581-1332
 Arthur Center
 Community Health. 573-582-1234

Moniteau County

Moniteau CMCA..... 573-796-3238
Moniteau County
Health Center/WIC..... 573-796-3412
California Parents as Teachers 573-796-2161

Howard County

Fayette Parents as Teachers. 660-728-3686
New Franklin Parents
as Teachers.660-848-2112
Lutheran Family &
Children Services 573-815-9955
Burrell Behavioral Health..... 660-882-7573
Howard County CMCA..... 660-248-3503