

SPEAK UP WHEN YOU'RE DOWN

1 | MATERNAL DEPRESSION AND ANXIETY IS COMMON.

It is the number one complication of pregnancy. In the US, 15% to 20% of pregnant persons, or about 1 million people, each year experience perinatal mood and anxiety disorders. Some studies suggest that number may be even higher.

YOU ARE NOT ALONE.

Maternal depression can affect any pregnant person regardless of age, income, culture, or education.

2 | YOU MIGHT EXPERIENCE SOME OF THESE SYMPTOMS.

- Feelings of sadness or anger.
- Mood swings: highs and lows, feeling overwhelmed.
- Difficulty concentrating.
- Lack of interest in things you used to enjoy.
- Changes in sleeping and eating habits.
- Panic attacks, nervousness, and anxiety.
- Excessive worry about your baby.
- Thoughts of harming yourself or your baby.
- Fearing that you can't take care of your baby.
- Feelings of guilt and inadequacy.
- Difficulty accepting parenthood
- Irrational thinking; seeing or hearing things that are not there.

Some of the ways people describe their feelings include:

*I want to cry all the time.
I feel like I'm on an emotional roller coaster.
I will never feel like myself again.
I don't think my baby likes me.
Everything feels like a huge effort.*

3 | SYMPTOMS CAN APPEAR ANY TIME DURING PREGNANCY, AND UP TO THE CHILD'S FIRST YEAR.

Baby blues, a normal adjustment period after birth, usually lasts from 2 to 3 weeks. If you have any of the listed symptoms that have stayed the same or gotten worse, and lasted more than 5 weeks, then you may be experiencing maternal depression or anxiety.

4 | YOU DID NOTHING TO CAUSE THIS.

You are not a weak or bad person. You have a common, treatable illness. Research shows that there are a variety of risk factors that may impact how you are feeling, including your medical history, how your body processes certain hormones, the level of stress you are experiencing, and how much help you have with your baby. What we do know is, **THIS IS NOT YOUR FAULT.**

5 | THE SOONER YOU GET HELP, THE BETTER.

You deserve to be healthy, and your baby needs a healthy parent in order to thrive. Don't wait to reach out. Talk to someone you trust. **HELP** is available.

If you are having thoughts of harming yourself or baby, call 911 immediately.

6 | THERE IS HELP FOR YOU.

If you're experiencing any of these symptoms, talk with your doctor. For additional information, including a list of local support groups, private therapists, mental health crisis hotlines, substance abuse resources, mental health resources, and online resources, visit: maternaldepression.org/fresno-county

Fresno County Maternal Mental Health Resources

Perinatal Wellness Center
(559) 600-1033

The Maternal Wellness Program
(559) 244-4531

Department of Behavioral Health Access Line
(800) 654-3937

National Alliance on Mental Illness (NAMI) Fresno
(559) 224-2469

Exodus Recovery Crisis Center
(559) 453-1008

Postpartum Support International
1.800.944.4773
www.postpartum.net

Postpartum depression can affect your partner as well. For more information on paternal postpartum depression, visit: postpartumdads.org or maternalmentalhealthnow.org

6 THINGS

Every New Parent Should Know
About Maternal Depression



Adapted from Postpartum Progress, www.postpartumprogress.com, where you can find out more on childbirth-related mental illness. This brochure is also available in Spanish, Chinese and Vietnamese.

www.maternalmentalhealthnow.org

