

Postpartum Depression

Are you feeling?

- Anxious or having panic attacks
- Very sad, all or most of every day
- Out of control, isolated and alone
- Exhausted and cannot sleep or eat
- Worthless, overwhelmed, hopeless
- Guilty or having feelings of inadequacy
- Very irritable, frustrated, or angry all the time
- Worried about your baby's health and your own

If you are experiencing one or more of these symptoms, two weeks after or within a year of the birth/adoption of your child, you may have Postpartum Depression or Anxiety.

What helps

- Talking to your doctor, community health nurse or a counsellor
- Taking one day at a time
- Give yourself credit. You are doing the best that you can

Knowing

- Help is available
- It's not your fault
- The sooner you get help the sooner you will feel better

For support please contact:

- A nurse at your local health centre
- Your family physician
- Counselling at Many Rivers 667-2970
- PPD Helpline at 1-800-944-4PPD(4773)
- postpartum.org/the-journey