

Questions

DOES THIS APPLY TO YOU?

Mark the answers that come closest to the way you have felt this past week. If you answer "yes" to four or more questions, please contact your healthcare provider to discuss your results.

1. I am unable to laugh and see the funny side of things. Yes No
 2. I don't look forward to things. Yes No
 3. I blame myself when things go wrong. Yes No
 4. I feel anxious or worried for no reason. Yes No
 5. I feel scared or panicky for no reason. Yes No
 6. I have scary thoughts or mental images. Yes No
 7. I have felt so unhappy that I have trouble sleeping. Yes No
 8. I feel sad and miserable. Yes No
 9. I am so unhappy that I cry a lot. Yes No
 10. I have thought about harming myself or others. Yes No
- (Edinburgh Postnatal Depression Scale)

Resources

Many Shades of Blue (POEM) Information Line

Call for information on support groups in your area. Please leave a message and someone will return your call within 48 hours.

(937) 401-6844

Toll Free 1-866-848-3163

Montgomery County CrisisCare

A 24 hour emergency line for those who need immediate help.

(937) 224-4646

Websites:

www.postpartum.net

<http://postpartumprogress.typepad.com/>

<http://postpartumdepressionhelp.com/>

Books:

Beyond the Blues

by Shoshanna Bennett and Pec Indman

This Isn't What I Expected

by Kleiman and Valerie Raskin

Behind the Smile

by Marie Osmond

The New Father's Panic Book

by Gene Williams

POEM is associated with
Postpartum Support International

MANY shades OF blue

Perinatal Outreach and
Encouragement for Moms
(POEM)





Feelings

you may have in common with other women...

Chances are if you picked up this brochure, you may be having some feelings that other women have reported such as:

- ♥ Intense sadness or despair
- ♥ Irritability, frustration, anger
- ♥ Hopelessness, powerlessness
- ♥ Overwhelming loneliness
- ♥ Self-doubt
- ♥ Sleeplessness
- ♥ Inability to think straight
- ♥ Intrusive, scary, thoughts
- ♥ Anxiety, dizziness, shakiness
- ♥ Change in appetite
- ♥ Inability to enjoy life or hobbies

Research shows that hormonal changes, a personal or family history of depression and lack of support can lead to Postpartum Depression.

Tips

for improving your health:

- Eat a healthy diet and avoid caffeine, alcohol and junk food. Eat more vegetables and fruit.
- Go for a walk or out to dinner with a friend.
- Rest whenever you have the chance.
- Don't feel guilty if you don't accomplish everything you want in one day.
- Ask for specific help with household chores and errands.
- Talk to a trusted friend, family member or neighbor.
- Talk with your healthcare provider.

(Symptoms can persist for up to a year.)

Suggestions

for family and friends:

- ♥ Take her seriously and listen without giving advice.
 - ♥ Go with her to see her doctor or therapist to ask questions and listen to their comments.
 - ♥ Tell her she's a good mom, that it's not her fault and that she will get better.
 - ♥ Help her set limits and give her permission to take rest breaks.
 - ♥ Read as much as you can about Postpartum Depression.
 - ♥ Take care of yourself so you have the energy to be helpful and supportive.
 - ♥ Be patient, *she will get better.*
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