Let’s talk about Maternal Depression

As a new mom, you have heard these words over and over again!

But new moms aren’t always happy.

You’re so lucky you had a healthy baby!

Time to celebrate!

Congratulations!

You should be so happy!

So you just had a baby!

You are not alone.

Maternal Depression can be treated.
Call this number today:
1-800-944-4773
or visit:
www.postpartum.net/locations/new-mexico/

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Let’s talk about Maternal Depression.

New moms aren’t always happy. Sometimes new moms get depression. Maternal Depression is also called postpartum depression. Some people think it’s the same thing as the Baby Blues, but it’s not.

There is an important difference between Maternal Depression and the Baby Blues.

• The Baby Blues are common and they come and go. They don’t usually last more than about 14 days.

• Maternal Depression doesn’t go away so fast. Maternal Depression can affect the health of the baby, the mom and the whole family.

Baby Blues
Here’s a list of feelings you might have if you have the Baby Blues. Remember that these feelings usually go away in less than 14 days:
• Feeling like it’s just too much, too soon!
• Irritable
• Frustrated
• Anxious
• Stressed
• Feeling sad
• Feeling like you want to cry
• Exhausted
• Trouble falling or staying asleep
• Moods go up and down. One minute you’re laughing and the next, you’re crying.

Maternal Depression
Here’s a list of feelings you might have if you have Maternal Depression. Remember that if these feelings last for more than 14 days, it is important to ask for help.
• Crying a lot
• Feeling sad and like you can’t smile or laugh
• Tired and fatigued
• Feeling guilty, and like you’re a bad mom
• Can’t sleep even when the baby isn’t crying or needs your attention
• Not hungry or wanting to eat all the time
• Irritable
• Mood goes up and down in a short period of time
• Intense worries and fears about the baby
• Can’t concentrate or make decisions
• Don’t care about the baby, family or activities
• Strange thoughts or fears, such as thoughts of harming the baby
• Not feeling close to the baby
• Feeling like it’s all too much, too soon
• Thoughts of death or suicide
• Other physical symptoms like headaches, chest pains, heart beating too fast, feeling numb, and/or breathing too fast or like you can’t catch your breath.

Maternal Depression can be treated. If you think you might have Maternal Depression, ask for help.
• Talk to your doctor or other health care provider.
• Talk to your husband, partner, mom, or other person who cares about you and your baby.

You are not alone. There is help. For more information, call this number today:
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