

**How Many Moms...**

- Psychosis is rare, it happens to about 1 or 2 moms out of 1,000

**What are the things to watch out for?**

- Delusions - you strongly believe in something that is not true such, even when there is proof that it is false
- Hallucinations - you see or hear things that are not there, or that other people can't see or hear
- Feeling very irritated
- Not able to sit still or pay attention
- Not able to sleep
- Paranoid or suspicious
- Rapid mood swings
- Not able to talk or share your feelings
- These things usually start two weeks after you deliver your baby

**What to do?**

- Psychosis can be treated, however, it is an emergency. Please call 9-1-1 immediately
- If these things are happening or you experience them in the future, please tell your doctor right away or call 9-1-1