



Feelings in Motherhood

- Moms may start to feel changes in their emotions anytime during the pregnancy and up to 12 months after they have their baby.
- Moms need to know when they may need help, so let's review some common things to watch for during and after pregnancy.

Baby Blues	Depression	Anxiety
<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Feeling worried• Feeling unhappy• Feeling tired or low on energy <p>What to do?</p> <ul style="list-style-type: none">• Baby blues are normal and no treatment is needed.• Baby blues can last up to 2-3 weeks after you have your baby.• If it does not go away or you are not able to care for yourself and your baby, you may have something more serious and need treatment.	<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Feeling angry or irritable• Lack of interest in the baby• Changes in appetite• Sleeping too much or not enough• Crying and sadness• Feelings of guilt, shame, or hopelessness• Loss of interest or pleasure in things you used to enjoy• Possible thoughts of harming the baby or yourself <p>What to do?</p> <ul style="list-style-type: none">• Depression can be treated.• If these things are happening or you experience them in the future, please tell your doctor right away.	<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Constant worry• Feeling that something bad is going to happen• Unable to stop anxious thoughts that are in your mind• Changes in appetite• Sleeping too much or not enough• Not able to sit still• Dizziness, hot flashes, and nausea• Serious things are feelings of panic and chest pain <p>What to do?</p> <ul style="list-style-type: none">• Anxiety can be treated.• If these things are happening or you experience them in the future, please tell your doctor right away.

OTHER RESOURCES

Postpartum Support International (800)944-4PDD (800)944-4773 www.postpartum.net
Inland Empire Prenatal Mental Health Collaborative www.iepmhc.org (951)683-5193



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Obsessive Compulsive Disorder (OCD)	Postpartum Stress Disorder (PTSD)	Postpartum Psychosis
<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Scary images and thoughts that keep happening such as; the thought of hurting your baby• These thoughts can come out of nowhere and are not in your control• Always feeling like you have to do certain things such as; cleaning, checking, counting, or reorganizing things over and over again• Feeling very worried about these thoughts or behaviors• Fear of being left alone with the baby• Being overly protective of the baby• Moms with obsessive compulsive disorder know that their thoughts are strange and are not likely to act on them <p>What to do?</p> <ul style="list-style-type: none">• OCD can be treated.• If these things are happening or you experience them in the future, please tell your doctor right away.	<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Repeating thoughts about what happened during the delivery or abuse• Flashbacks or nightmares• Avoiding people, places, and/or things that remind you of the delivery or abuse• Anxiety• Unable to sleep• Serious things are feelings of panic and chest pain• Feeling isolated and that you don't belong <p>What to do?</p> <ul style="list-style-type: none">• PTSD can be treated.• If these things are happening or you experience them in the future, please tell your doctor right away.	<p>What are the things to watch for?</p> <ul style="list-style-type: none">• Delusions- you strongly believe something that is not true such as; you believe that God told you to harm your baby• Hallucinations- you see or hear things that are not there such as; you see and/or hear angels in your house• 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 and share your feelings• These things usually start two (2) weeks after you deliver your baby <p>What to do?</p> <ul style="list-style-type: none">• Psychosis can be treated; however, it is an emergency.• <u>Please call 9-1-1 immediately.</u>• Please tell your doctor right away

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