



Mood Changes During & After Pregnancy

Anxiety • Hopelessness • Sleep & Appetite Changes are Treatable

The single most frequently occurring complication of pregnancy.
Can affect any woman in child bearing years.

Postpartum Mood Disorder

Facts

1. Postpartum Blues: 80% of all mothers feel temporary emotional distress 3-5 days after delivery - for a very short while. (usually lifts within two weeks with no intervention)
2. Postpartum Depression lasts longer than a few weeks 20% of new moms are affected. Needs intervention if untreated can lead to chronic depression, family dysfunction and child development delays.
3. Postpartum Psychosis 1-2 in 1000 births mothers lose touch with reality - hallucinations and delusions. Thoughts of suicide and/or death of the baby - this is a medical emergency and needs immediate medical intervention.

Risk Factors

1. Depression and anxiety in pregnancy. Family or individual history of depression.
2. Stressful recent life events, poverty, substance abuse, recent loss and/or history of abuse.
3. Lack of social support
4. Family history of Postpartum depression
5. Thyroid dysfunction
6. Severe PMS
7. Baby with special needs
8. Super mom expectations

Key Emotions

Confusion - can't cope
Anxiety - Panic
Guilt - Shame
Irritable
Hopelessness
Anger - Frustration
Loss of Joy and/or Self
Loss of interest in Sex
Crying
Exhaustion or Mania
Fear - feeling something bad is about to happen
Thoughts of suicide
Vivid & intrusive scary thoughts

Ask for Help

1. Your family doctor/or local emergency department of a hospital.
2. Muskoka Parry Sound Community Mental Health Services Crisis Line
24 Hour 1-800-461-5424
3. Post Natal Mood Disorder Services Toll Free
1-866-969-4092
Linda Rankin
(not a crisis service, not available 24 hours day)