Local Treatment Resources

The Postpartum Depression Support Group:

- **Mom's - T.E.A.R.S.**
  (Treatment, Education, Advocacy, Resources, Support.)

At Millard Fillmore Suburban Hospital
2nd Thursday of the month FREE
Please call (716) 568-3628 to register

Educational Resources/References

- **Millard Fillmore Suburban Hospital Childbirth Education Department**
  (716)-568-3628
  www.kaleidahealth.org/childbirth

- **The Postpartum Resource Center of New York, Inc.**
  Toll Free Helpline 1-855-631-0001
  (631)-422-2255
  www.postpartumny.org

- **Postpartum Support International**
  www.postpartum.net
  Warmline: 1-800-944-4PPD (4773)
  (telephone support)

- **Postpartum Depression Support Helpline**
  1-800-773-6667

- **Father’s Website**
  www.postpartumdads.org

治疗

- 增加周围人的支持。这可能是你的配偶/伴侣，家人，朋友，教堂或保姆。
- 跟你的OB/GYN或你宝宝的儿科医生立刻谈谈。你越早寻求帮助，你就越快感觉好起来。
- 询问一个清单的专家在妇女的情绪障碍。这可能包括精神科医生或治疗师。
- 让别人照顾你的宝宝，这样你可以得到休息。
- 确保你的医生考虑其他导致抑郁的医疗原因，比如甲状腺失衡。
- 考虑参加一个产后抑郁症的妇女的支持小组。

你并不孤单。
你并不该受到责备。
有帮助，你会好起来的。
Postpartum Depression (PPD) refers to a wide range of emotional changes a woman may experience after the birth of a baby. Postpartum depression, anxiety, postpartum obsessive-compulsive disorder and panic disorder and postpartum psychosis are all recognized as postpartum mood disorders.

Baby Blues

Up to 80% of mothers experience crying, sadness, worry and fatigue in the first two weeks after delivery. Symptoms usually resolve on their own. You should ask for and accept help from anyone you feel is supportive.

Pregnancy/Postpartum Anxiety

Approximately 6% of pregnant women and 10% of postpartum women develop anxiety. Sometimes they experience anxiety alone and sometimes they experience it in addition to depression.

Symptoms include:
- ✔ Constant worry
- ✔ Feeling that something bad is going to happen
- ✔ Racing thoughts
- ✔ Disturbances of sleep and appetite
- ✔ Inability to sit still
- ✔ Physical symptoms like dizziness, hot flashes and nausea

Postpartum and antepartum anxiety are temporary and treatable with professional help. If you feel you may be suffering from one of these illnesses, know that it is not your fault and you are not to blame.

Prenatal/Postpartum Depression

Within the first year after delivering, 10-20% of mothers experience a more serious depression that begins to interfere with their daily life. Symptoms may include:
- ✔ Crying
- ✔ Irritability
- ✔ Excessive worry
- ✔ Sleep problems
- ✔ Rapid weight changes
- ✔ Difficulty focusing
- ✔ Lack of joy in life
- ✔ Not bonding with baby
- ✔ Suicidal thoughts

This depression is a real illness that may impair your ability to respond to your baby. However, this depression is a very treatable illness and there is help available.

Postpartum Obsessive Compulsive Disorder and Panic Disorder

These are anxiety-based disorders that occur in 3-5% of mothers after delivery. Most commonly, symptoms include overwhelming worry, recurrent images of harming your baby, shortness of breath, racing heartbeat and dizziness. These symptoms often co-occur with depression so treatment is similar. Mothers recognize these scary thoughts do not make sense.

Post-Traumatic Stress Disorder

Approximately 1-6% of women experience postpartum post-traumatic stress disorder (PTSD) following childbirth. Most often, this illness is caused by a real or perceived trauma during delivery or postpartum.

Symptom of postpartum PTSD might include:
- ✔ Intrusive re-experiencing of a past traumatic event
- ✔ Flashbacks or nightmares
- ✔ Anxiety and panic attacks
- ✔ Feeling a sense of detachment

Postpartum PTSD is temporary and treatable with professional help.

Regardless of emotional symptoms, you may find the following suggestions helpful:
- ✔ Get plenty of rest
- ✔ Accept help and support from others
- ✔ Let someone else watch your baby so you can get a break
- ✔ Be realistic about life (it’s OK if your house is a mess)
- ✔ Exercise if you can
- ✔ Remember, you will get better!

Postpartum Psychosis

This is a psychiatric emergency that occurs rarely (1-2/1000). Symptoms generally occur within several weeks of delivery and include confusion, agitation, hallucinations (seeing or hearing things that are not there) delusions and rapid mood swings. Mothers require IMMEDIATE medical care.

Emergencies

<table>
<thead>
<tr>
<th>Hospital</th>
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<td>(716) 886-8200</td>
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