

Postpartum Support

It's common to deal with the "baby blues" — feeling more emotional, sad, anxious, and tired following the birth of a new baby. However, about one in seven women will experience symptoms of a more serious mood disorder, such as postpartum depression.

According to the American Psychological Association, common symptoms of postpartum depression are:

- A loss of pleasure or interest in things that you used to enjoy
- Eating much more, or much less, than you usually do
- Anxiety — all or most of the time — or panic attacks
- Racing, scary thoughts
- Feeling guilty or worthless — blaming yourself
- Excessive irritability, anger, or agitation — mood swings
- Sadness, crying uncontrollably for long periods of time
- Fear of not being a good mother or fear of being left alone with the baby
- Inability to sleep, sleeping too much, difficulty falling or staying asleep
- Disinterest in the baby, family, or friends
- Difficulty concentrating or making decisions
- Thoughts of hurting yourself or the baby

If these warning signs or symptoms last longer than two weeks or are severe, you may need to get help.

RESOURCES

- PSI (Postpartum Support International) helps to connect moms, dads, and families to local providers who are trained to treat perinatal mood and anxiety disorders.
 - Sarah Wort and Katherine Peterson at COMPASS are the PSI Coordinators for Lincoln, Marion and Polk counties and they can connect you to local peer support groups as well as local providers. Contact them by calling or texting **971-301-2678**, or emailing compasspps@gmail.com.
 - National PSI helpline: **1-800-944-4773** (#1 for Español, #2 for English), or text **1-800-944-4773** (English) or **971-203-7773** (Español).
- SAMHSA (Substance Abuse and Mental Health Services Administration) has a national helpline that is free, confidential, 24/7, 365-days-a-year, and they can help with treatment referral and information in both English and Spanish for individuals and families facing mental and/or substance use disorders. The service provides referrals to local treatment facilities, supports groups, and community-based organizations.
 - National SAMHSA helpline: **1-800-662-4357**.



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