

## Need more help?

**Please contact your Health Care Provider or Public Health Nurse if you:**

- are upset by how you are feeling
- find it difficult to care for yourself
- have the baby blues for longer than 2 weeks
- have signs of postpartum depression or anxiety

**If you have thoughts about hurting yourself, your baby or others, contact:**

- your health care provider
- Interior Crisis Line Network (available 24 hours / day) 1-888-353-2273
- 9-1-1 right away



## Helpful Websites

If you are looking for more information here are some excellent websites:

- Postpartum Depression Here to Help <http://www.heretohelp.bc.ca/factsheet/postpartum-depression>
- Pacific Postpartum Society <http://postpartum.org/>
- New Mothers AnxietyBC <https://www.anxietybc.com/parents/new-moms>
- Healthy Families BC Postpartum Depression <https://www.healthyfamiliesbc.ca/home/articles/coping-postpartum-depression-and-anxiety>
- Interior Health Baby Blues, Depression & Anxiety <https://www.interiorhealth.ca/YourHealth/HavingABaby/during-pregnancy/DepressionAnxiety/Pages/default.aspx>

## Health Centre



**Interior Health**  
*Every person matters*

## How are you feeling?

Baby blues, depression and anxiety



Public Health Nursing



## Baby Blues

During pregnancy and after the birth or adoption of your baby, you may feel happy and excited. It is normal for new parents to have lots of different feelings and emotions. It is common to experience the “Baby Blues” which can include crying for no apparent reason, rapid mood swings (happy one minute and sad the next) and feeling anxious. These feelings usually don’t last more than a couple of weeks, but for some mothers these feelings may get worse or not go away. This may be postpartum depression or anxiety.

## Signs of postpartum depression or anxiety

- Feel sad or depressed for most of the day and nearly every day
- Feel irritable or angry
- Feel guilty or worthless
- Feel hopeless and overwhelmed
- Lose interest in things you used to enjoy
- Sleep a lot more or a lot less than usual
- Eat more or less than usual
- Withdraw from family or friends
- Cry for no apparent reason
- Restless or little energy
- Find it hard to concentrate or make decisions
- Physical symptoms such as headaches or upset stomach
- Thoughts that you are a terrible mother
- Frightening thoughts about harm to yourself or your baby
- Anxious or compulsive behaviors

## Screening offered to all new moms

As a new mom, you will be invited to answer a short list of questions called the Edinburgh Postnatal Depression Scale or EPDS. Your public health nurse will either call you by phone or see you at your baby’s 2 month immunization appointment.

Your answers will help us learn more about your feelings and what supports might help you. This may include a referral to your doctor / care provider for further follow-up.

