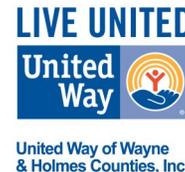

Where Can I Get Help or More Information?

- ◆ **Your doctor and/or nurse**
- ◆ **2-1-1/ (dial 211)**
Free info, referral and follow-up
- ◆ **The Counseling Center of Wayne and Holmes Counties**
330-264-9029 or 1-877-264-9029
24 hours a day
- ◆ **Anazao Community Partners**
330-264-9597
- ◆ **Catholic Charities Services of Wayne County**
330-262-7836
- ◆ **Encompass Christian Counseling,**
330-345-7949
- ◆ **OneEighty (formerly STEPS and Every Woman's House)**
330-264-8498
- ◆ **Private counselors or doctors**

What if I feel like hurting myself, my baby, or someone else?

- ◆ **Safe Haven Hotline**
330-263-SAFE (7233)
Ohio allows anyone to leave a newborn, up to 30 days old, with a medical worker in a hospital, at a fire department or emergency services or with an officer at a law enforcement agency. No questions will be asked and you won't have to identify yourself.
- ◆ **Call for a crisis worker,**
330-264-9029, 24 hours a day
- ◆ **Call 9-1-1.**



Sponsored by the Maternal Depression Coalition, the Suicide Prevention Coalition, the Prenatal to 5 Workgroup and the Wayne County Family and Children First Council. Updated January 2016

Wayne County Moms of Newborns:

How are you coping?



*The facts new moms should know
about Baby Blues and
Postpartum Depression*

Emotions After Delivery

Being a mother can be wonderful and rewarding. But ALL mothers struggle at times. After your baby is born, you may feel a wide range of emotions. This is normal.

Up to 80% of mothers have an experience often called Baby Blues. This often appears in the first few days after the birth. Signs/ symptoms include:

- ♦ Tearfulness
- ♦ Mood swings
- ♦ Irritability, sensitivity
- ♦ Fatigue, low energy
- ♦ Worries, stress

This is similar to pre-menstrual syndrome (PMS) and may be caused by hormones or changes happening in your life. Symptoms usually go away on their own in a couple of weeks.

If symptoms are not going away, →



Maternal Depression

Due to hormonal changes, any woman who has had a baby in the last year, has recently stopped nursing a child, or has miscarried could experience something more severe than the “baby blues.” Situational challenges or past anxiety or depression, may add to this. Postpartum depression occurs in about 10% of mothers.

Most women do not recognize it in themselves. A family member or friend often needs to point it out and suggest help.

Signs and symptoms can include:

- ♦ Crying, sadness or feeling numb
- ♦ Irritability, flashes of anger
- ♦ Feeling inadequate, guilty or worthless
- ♦ Problems sleeping or relaxing, even when the baby sleeps or is cared for
- ♦ Not enjoying the baby or not wanting to hold or touch the baby
- ♦ Overly tired or no energy or initiative
- ♦ Anxiety, worry, panic, obsessions, even hallucinations or delusions
- ♦ Eating a lot more or a lot less
- ♦ Thoughts about harming myself, my baby or others
- ♦ Feeling hopeless or helpless

If any of these symptoms apply to you or someone you care about, call your doctor or a mental health professional.



Fathers, family and friends: How you can help

- ♦ Take mild and severe symptoms seriously. Encourage the new mom to seek help.
- ♦ Offer her support and just listen.
- ♦ A mother with these symptoms may do better with counseling or medication.
- ♦ Pitch in with house cleaning, food preparation and, of course, time with the baby.
- ♦ Encourage mom to take time for herself, relaxing, having time with friends, pursuing other interests.
- ♦ Help find community resources.
- ♦ Fathers: be in tune with your own stress and emotions, and consider getting your own support or professional help.