



Life with a newborn is not always what you expect.

Saskatoon Postpartum Anxiety & Depression Program

1 in 5 mothers will have a postpartum mood disorder.

Have you had some of these symptoms for more than two weeks?

You may:

- Not feel yourself
- Be sad and tearful
- Feel exhausted, but unable to sleep
- Have changes in eating or sleeping pattern
- Feel overwhelmed and can't concentrate
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless, frustrated, restless, irritable or angry
- Feel extremely high and full of energy
- Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling or “lump” in the throat
- Feel guilty and ashamed, thinking you are not a good mother
- Not be bonding with the baby, or be afraid to be alone with the baby
- Have repeated scary thoughts about the baby

Don't wait. There is help for you and your family.

- Your healthcare provider (family physician, midwife, nurse, OB/GYN, public health nurse)
- For information about Maternal Mental Health Services, including the Postpartum Anxiety & Depression Support Group, please call Mental Health and Addictions Services, Centralized Intake 306-655-7777 8am-5pm Mon-Fri
- Maternal Mental Health Clinic (physician referral) 306-844-1079
- Provincial Health line (24 hrs/day) 811
- RUH Emergency 24 hrs/day. Psychiatric Nurse available noon-midnight
- Crisis Intervention Services 933-6200 (24hrs/day)

Very rarely women will have postpartum psychosis.

This is a serious illness with risks to mother and baby.

Have you felt like this even for a short time? You may:

- Have thoughts of harming yourself or the baby
- Hear or see things that are not there
- Believe people or things are going to harm you or your baby
- Feel confused or out of touch with reality

Don't wait. Get help right away.

- **Go to:** Your local hospital's Emergency Department
- **Or call:** Your local crisis intervention line

WHAT YOU CAN DO:

- Ask for help
- Take care of yourself
- Take time for yourself
- Get counselling or join a support group
- Consider medication

WHAT A PARTNER, FAMILY AND FRIENDS CAN DO:

- Listen and support her Feelings
- Encourage her to seek professional help
- Develop your relationship with the baby
- Ask her how you can help
- Educate yourself about postpartum mood disorders
- Take some time for yourself
- Find someone to talk to

Remember... this is not your fault. There is help for you and your family

Maternal Care

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Think you might be depressed?

For each of the following statements, pick the response that describes how you have been feeling in the past 7 days-not just how you're feeling

1. I have been able to laugh and see the funny side of things
 - a. As much as I always could (0)
 - b. Not quite so much now (1)
 - c. Definitely not so much now (2)
 - d. Not at all (3)
2. I have looked forward with enjoyment to things
 - a. As much as I ever did (0)
 - b. Rather less than I used to (1)
 - c. Definitely less than I used to (2)
 - d. Hardly at all (3)
3. I have blamed myself unnecessarily when things went wrong
 - a. Yes, most of the time (3)
 - b. Yes, some of the time (2)
 - c. Not very often (1)
 - d. No, never (0)
4. I have been anxious or worried for no good reason
 - a. No, not at all (0)
 - b. Hardly ever (1)
 - c. Yes, sometimes (2)
 - d. Yes, very often (3)
5. I have felt scared or panicky for no very good reason
 - a. Yes, quite a lot (3)
 - b. Yes, sometimes (2)
 - c. No, not much (1)
 - d. No, not at all (0)
6. Things have been getting on top of me
 - a. yes, most of the time I haven't been able to cope at all (3)
 - b. yes, sometimes I haven't been coping as well as usual (2)
 - c. no, most of the time I have coped quite well (1)
 - d. no, I have been coping as well as ever (0)
7. I have been so unhappy that I have had difficulty sleeping
 - a. Yes, most of the time (3)
 - b. Yes, sometimes (2)
 - c. Not very often (1)
 - d. No, not at all (0)
8. I have felt so sad or miserable
 - a. Yes, most of the time (3)
 - b. Yes, quite often (2)
 - c. Not very often (1)
 - d. No, not at all (0)
9. I have been so unhappy that I have been crying
 - a. Yes, most of the time (3)
 - b. Yes, quite often (2)
 - c. Only occasionally (1)
 - d. No, never (0)
10. The thought of harming myself has occurred to me
 - a. Yes, quite often (3)
 - b. Sometimes (2)
 - c. Hardly ever (1)
 - d. Never (0)

To calculate your total score, add up the point for each question, the point value for each question is in brackets after the response. If the total score is 12 or higher, or if the answer to question 10 is a) yes, quite often, or b) Sometimes, don't wait—discuss your feelings with your health care provider or call the Healthline at 811

*Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782 - 786.