

Maria's story

I began getting headaches and a nervous stomach two months after giving birth to my first child, Jake. I would become angry and start fights with my husband. After a while, I began having thoughts of suicide. I felt like going to sleep and never waking up.

When the stress became too much, I told my pediatrician, who referred me to a clinic. I told the doctor at the clinic that I had been on antidepressants before my pregnancy. He started me back on the medicine. This helped me sleep, which helped my breast milk production and made Jake less fussy when feeding him. I also attended a weekly support group for new mothers and took part in one-on-one counseling.

**I'm feeling a little better every day.
I'm not so worried and sad anymore.**



"I felt like going to sleep and never waking up."

Remember

Depression is treatable.

If not treated, it can hurt you and your family. If you are feeling depressed, there is help for you.

- Talk to your health care provider.
- Get counseling.
- Find a support group.

MCPAP for Moms

MCPAPforMoms.org

**Mass. Dept. of Public Health,
Postpartum Depression**

Mass.gov/postpartum-depression

**Postpartum Support International
(PSI) of Massachusetts**

800-944-4773

PSIchapters.com/MA

**HRSA National Maternal
Mental Health Hotline**

1-833-9-HELP4MOMS

mchb.hrsa.gov/national-maternal-mental-health-hotline

This brochure is funded by HRSA/MCHB/Maternal and Child Health Services Block Grant.



PP2801 November 2022



**Being a
mother is
a hard job.**

It's okay to ask for help.



You are important.

Ask yourself these questions.

Are you:

- feeling restless?
- crying a lot?
- feeling no energy?
- feeling anxious or jumpy?
- sleeping too much or not enough?
- eating too much or not enough?
- having headaches or chest pains?
- losing interest in your family?
- afraid of hurting yourself or your child?



“When I had to return to work, I felt like I could no longer protect my baby.”

Your health is important.

Take time for yourself every day.

- rest
- sleep when the baby sleeps
- eat healthy snacks and meals
- ask for help with chores
- read
- take a walk
- spend time with someone special
- talk to other mothers



“I lost interest in doing things with my family and friends. I never felt like going out.”

One out of 10 women feels depressed after giving birth.

Depression is treatable.

Talk to someone about how you feel.

Tell your health care provider.

Keep asking for help until you get it.

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Some women may become depressed during pregnancy or in the weeks after giving birth.

Some new mothers may not begin feeling sad or worried until months after having a child.

No matter when you begin to feel depressed, know that you are not alone.