

# Do you suffer from Postpartum Depression?



## What is postpartum depression?

- Postpartum depression is an illness that affects women after childbirth. It is very common and occurs in 15% of all women, or one out of every eight women.
- It is common for new mothers to feel emotional for a couple of days following the birth of a new baby. These “baby blues” normally go away after a few days.
- When the feelings of sadness, anger, anxiety, being overwhelmed and not able to cope do not go away but continue and even worsen over several weeks, it is most likely postpartum depression.
- These symptoms can last for many months to years without treatment from your doctor.

## What are the symptoms of postpartum depression?

- Feeling sad or angry for no apparent reason
- Feelings of inadequacy and inability to cope
- Not being interested in the things that you normally like to do
- Unable to sleep even when the baby is sleeping
- Feeling fatigued and having no energy
- Not able to concentrate on what you are doing
- Making simple decisions is difficult to do
- Feeling guilty or worthless
- Feeling agitated or irritable

## Who is at risk for postpartum depression?

- Women who have suffered from depression or anxiety previously in their life or have had postpartum depression before have the greatest risk
- Women with little to no help at home to care for the new baby and other children such as single mothers and women whose partners are not supportive
- Women who experience other life changing events happening at the same time as the birth of the new baby, such as moving, death in the family, or a new job

## How is postpartum depression treated?

Postpartum depression is a disease, which is treated many different ways. Your doctor can talk to you about which approach might be the best for you. Here are some possible courses of treatment:

- Counseling with a therapist is very effective. It is also helpful to have the baby’s father in the counseling sessions.
- Medication is often needed to make the symptoms better. Antidepressant medication is very effective and generally has few side effects. If you are breast-feeding your baby, your doctor can talk to you about which medications have been shown not to harm the baby.
- Talking with other women who have suffered from postpartum depression or who are suffering from postpartum depression can also help.

## What should you do if you think you may have postpartum depression?

Initially, you should contact your healthcare provider. They can help to evaluate your situation and provide guidance for determining your course of treatment. Be sure to ask them if there are specific services or support groups in your area that they recommend, and if applicable, ask if there is a patient assistance program for paying for medications.

# Depression During Pregnancy or After Delivery

## Where can I go for help and support?

Along with talking to your doctor, many groups and organizations can answer questions, and provide further support.

- Postpartum Support International <http://www.postpartum.net>
- Mental Health Association in Utah <http://www.xmission.com/~mhaut/>  
(801) 596-3705
- The Postpartum Stress Center <http://www.postpartumstress.com>
- Pregnancy Risk Line – 1-800-822-BABY
- National Institute of mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)  
1-800-421-4211

## **Community Human Services – 211 hotline – statewide contact number**

Referral Hotline for Community Services 801-978-3333

### MENTAL HEALTH CENTERS BY COUNTY -

#### **BOX ELDER, CACHE, RICH – Bear River Mental Health**

Phone: (435) 752-0750

#### **SUMMIT– Valley Mental Health**

Phone: (435) 649-9079

#### **TOOELE – Valley Mental Health**

Phone: (435) 843-3520

#### **WEBER, MORGAN – Weber Human Services**

Phone: (801) 625-3700

#### **DAVIS – Davis Behavioral Health**

Layton: (801) 773-7060

Bountiful: (801) 298-3446

#### **SALT LAKE – Valley Mental Health**

South Valley Clinic: (801) 566-4423

North Valley Clinic: (801) 539-7000

#### **SAN JUAN –**

#### **San Juan Counseling Center**

Phone: (435) 678-2992

#### **DAGGETT, DUCHESNE, UINTAH – Northeastern Counseling Center**

Phone: (435) 789-6300

#### **WASATCH – Heber Valley Counseling**

Phone: (435) 654-3003

#### **UTAH – Wasatch Mental Health**

Outpatient clinic: (801) 373-9656

#### **JUAB, MILLARD, SANPETE, SEVIER, PIUTE, WAYNE– Central Utah Counseling & Substance Abuse Center**

Outpatient clinic: (435) 283-4065

#### **CARBON, EMERY, GRAND – Four Corners Community Behavioral Health, Inc.**

Phone: (435) 637-2358

#### **BEAVER, IRON, GARFIELD, WASHINGTON, KANE – Southwest Behavioral Health Center**

Phone: (435) 634-5600 or (800) 574-6763

## Health Insurance Resources

- Primary Care Network: The Primary Care Network (PCN) is a health plan offered by the Utah Department of Health. It covers services administered by a primary care provider. For more information visit <http://health.utah.gov/pcn/contact.html> or call 1-888-222-2542.
- Utah's Premium Partnership: Utah's Premium Partnership for Health Insurance (UPP) helps make health insurance more affordable for working individuals and families who do not currently have health insurance. For more information visit <http://health.utah.gov/upp/> or call 1-888-222-2542.
- Medicaid Eligibility: Call 1-800-662-9651
- Unemployment Insurance Program: Call 1-888-848-0688

\*Make sure to discuss your insurance with these centers. If they do not take your insurance, they can refer you to another provider or will recommend that you contact your insurance company for a list of providers in your area.