

Where can I get more information or assistance?

Contact your healthcare provider
Visiting Nurse Services 515-720-0122
Broadlawns Crisis Team 515-282-5752
Iowa Lutheran Access Center 515-263-5249
Mercy Franklin Helpline 515-271-6111
Magellan Behavioral Care of Iowa 800-638-8820
Iowa Concerns 800-447-1985
Community Telephone Counseling 515-244-1010
Suicide Prevention Lifeline 800-273-TALK

For additional information:

Postpartum Education for Parents
1-805-967-7636
www.sbpep.org

Iowa's Perinatal Depression Project

Beyond the Blues Website
www.beyondtheblues.info



Visiting Nurse Services Postpartum Depression Partnership Program

VNS is proud to announce the opening of a new program that is funded through a grant from the Wellmark Foundation.

A licensed mental health professional is available to provide the following services:

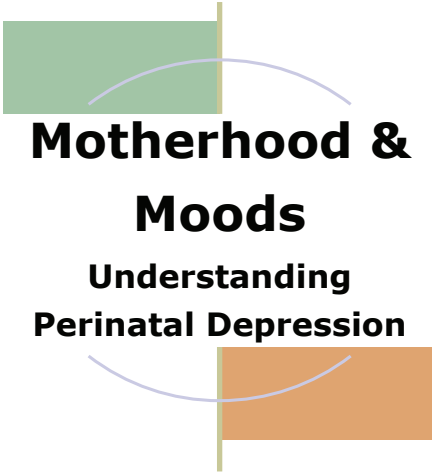
- Consultation: Screening and assessment provided
- Treatment: Therapeutic services provided
- Psychiatric care is available when warranted
- Motherhood and Moods Support Group offered weekly

Accepting referrals from individuals, providers, local hospitals, OB and/or family practice clinics, and other human service agencies.

Please contact Jami Ciric, LISW
office 515-558-6248
cell 515-720-0122
email: jamic@vnsdm.org

Developed in cooperation with the Postpartum Depression Taskforce of Des Moines

Iowa Health—Des Moines
Mercy Medical Center—Des Moines
Broadlawns Medical Center
University of Iowa Hospitals and Clinics
Visiting Nurse Services
Magellan Behavioral Care of Iowa
Iowa Perinatal Depression Project



Motherhood & Moods
Understanding Perinatal Depression

You are not alone

You are not to blame

We are here to help



Postpartum Facts

The birth of a child is often a happy time. However, caring for a newborn requires a lot of attention. These changes, although positive, can sometimes cause anxiety, worry or sadness. Women often feel overwhelmed or unsure of their role as a mom. Commonly known as the “baby blues”, these feelings typically last no more than 10 days to two weeks. However, they may be symptoms of a more serious PostPartum Depression (PPD). Early, effective care for PPD can make it easier for your baby to get the attention he or she needs to be healthy as well as making sure you take care of yourself.



- Baby blues are common among new mothers, affecting the majority of women after delivery
- PPD is a more serious condition. It affects 10-15 percent of all new mothers
- Babies are less likely to get proper care when PPD is left untreated
- PPD can be treated safely and effectively
- Depression is not a sign of weakness, and it's nobody's “fault”

What are the symptoms of PPD?

- Sad, feeling down
- Loss of interest in things you used to like to do
- Trouble falling or staying asleep or sleeping too many hours
- Eating more or less than what's normal for you
- Irritable, overwhelmed or uncontrollable crying
- Trouble thinking or making decisions, easily distracted
- Anxiety or worry about little things
- Tired all the time (even if you get your regular amount of sleep)
- Feel guilty, hard on yourself, feel worthless or like you are a “bad mom”
- Constant worry or concern about your baby's health and/or well-being



If you experience two or more of these symptoms, please tell your healthcare provider, a friend, family member or clergy member immediately.

These could be signs of postpartum depression; get help or talk to someone right away.

If you feel you may harm yourself or your baby, you or a friend or family member should call 911 .

What can I do?

- Practice healthy eating habits
- Make time for sleep or rest
- Exercise
- Make time for myself every day
- Support groups
- Keep all healthcare appointments
- Set realistic goals for yourself
- Don't be afraid to ask for help

How can my healthcare provider help?:

- Provide referrals for therapists in your area
- Test my thyroid levels and look for signs of depression
- Prescribe medication

How can friends & family help?

- Help with household chores or errands
- Help care for new baby and other children
- Allow new family some space and alone time
- Call for help if new mom is not able to

When I'm feeling down, I can:
