How Visiting Nurse Services of Iowa Can Help

Healthy feelings between a mother and her child are important for the baby's physical and emotional growth. Waiting too long to treat PPD may result in long-lasting effects. Healthcare providers and licensed counselors can help the woman find the treatment that is best for her. This treatment may include therapy and safe medications.

Visiting Nurse Services of Iowa offers the following services to identify and treat postpartum depression:

- Screening and assessment
- Therapy services
- Psychiatric care and consultation
- Listening Visits

Motherhood and Moods

Recognizing and Treating Postpartum Depression and Anxiety

Getting help for postpartum depression is the best thing you can do for yourself and your baby.

Visiting Nurse Services of Iowa
1200 University Ave., Suite 205
Des Moines, Iowa 50314
ph: 515-558-6251  |  f: 515-244-0545
www.vnsia.org
Who Experiences Postpartum Depression

Pregnancy and the process of mothering is a life change. There is a wide spectrum of issues related to pregnancy and motherhood that can contribute to postpartum depression. PPD can affect any woman who:

- Is pregnant
- Has recently had a baby
- Has ended a pregnancy or miscarried
- Has stopped breastfeeding

Warning Signs

Postpartum depression and anxiety can appear days or months after childbirth. The warning signs are different for everyone, but can include:

- Trouble sleeping, sleeping too much, low energy or exhaustion
- Changes in appetite – eating more or less
- Feeling irritable, angry or nervous
- Not enjoying life as much as in the past
- Lack of interest in the baby, friends or family
- Lack of interest in sex
- Feeling guilty, hopeless or worthless
- Sudden crying spells
- Feeling like a bad or inadequate mother
- Having trouble concentrating
- Having thoughts of harming self or the baby
- Having difficulty controlling worry and anxiety
- Muscle tension

Approximately 18.4% of pregnant women and 19.2% of new mothers have clinically significant symptoms of postpartum depression.