

University of Utah Neuropsychiatric Institute (UNI)

1-801-583-2500 / www.healthcare.utah.edu/UNI
UNI is a free-standing psychiatric hospital caring for individuals with chemical dependency and psychiatric illness. Call for assessment, treatment, or referral to a clinician specializing in postpartum depression treatment.

National Alliance on Mental Illness (NAMI): Utah Chapter

1-877-230-6264 (toll-free) / www.namiut.org
NAMI provides support groups and education for individuals living with depression and other mental health issues. Treatment works, recovery is possible, there is hope, you are not alone!

Postpartum Support International (PSI)

1-800-944-4773 / www.postpartum.net
PSI is dedicated to helping women who suffer from perinatal mood and anxiety disorders, including postpartum depression. PSI works to educate families, friends and health care providers so that mothers get the support they need to recover. You are not alone. You are not to blame. With help, you will be well.



The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care and promoting healthy lifestyles.



MotherToBaby is a program of the Utah Department of Health and the University of Utah Department of Pediatrics. To order free copies of this brochure call 1-800-822-2229 or email jrobertson@utah.gov.



WHERE CAN I GO FOR HELP AND SUPPORT FOR POSTPARTUM DEPRESSION?

Along with talking to your health care provider, many groups and organizations can answer questions and provide further support for postpartum depression.

Hospital Emergency Room

health.utah.gov/myhealthcare/facility.htm
Local and Emergency Room Hospitals can help with situations that require immediate assistance. Many have crisis workers who can be of assistance and can help with referrals. The health.utah.gov site lists Utah hospitals with telephone numbers and addresses.

Insurance Providers

Your insurance provider will have a list of approved mental health care providers and services that you can contact.

Utah Healthscape

utahhealthscape.org
The Utah Healthscape site lists Utah health care providers by location and specialty along with provider profiles and provider languages.

Utah Department of Human Services

801-538-4171 / www.hs.utah.gov
The Utah Department of Human Services offers guidance and support with parenting, mental health and substance use disorder treatment programs and services throughout Utah. Programs help families live safer, healthier and more successful lives.

Veteran's Administration Hospital - Women Veterans Program

801-582-1565, ext. 5414 / www.saltlakecity.va.gov
Mental Health Services: 801-582-1565 ext. 1255

This resource provides assistance for women veterans struggling with depression, mood, and anxiety disorders; intimate partner and domestic violence; sexual trauma; parenting and anger management; marital, caregiver, or family-related stress; and post-deployment adjustment and post-traumatic stress disorders.



Mom, Are you feeling blue?

Is it the "Baby Blues" or Postpartum Depression?

Since your new baby was born, how often have you felt down, depressed or hopeless?

- Always
- Often
- Rarely
- Never

Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- Always
- Often
- Rarely
- Never

If you answered ALWAYS or OFTEN to either question, It's time to talk to your health care provider about how you are feeling.



WHO IS AT RISK FOR POSTPARTUM DEPRESSION?

Women who have had depression or anxiety in their life or have had postpartum depression after a previous pregnancy;

Single moms caring for a new baby and other children who have little or no support at home;

Women who have life-changing events such as a new job, moving to a new community, or have had a death in the family at the same time as the birth of a new baby.

Moms who have a special needs baby or take care of a child with health issues.



WHAT ARE SOME OF THE SYMPTOMS OF POSTPARTUM DEPRESSION?

- Feeling sad, angry or irritable for no reason
- Not able to concentrate on what you are doing
- Feeling worthless
- Making simple decisions becomes hard
- Feeling overwhelmed
- Unable to sleep even when baby sleeps
- Not being interested in things you like to do
- Feeling tired and having no energy
- Not able to cope
- Thoughts of harming yourself or a loved one

WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression is an illness that can happen after a woman has a baby.

It is very common. It is likely that 15% of women (1 out of every 8 women) who have a baby suffer from postpartum depression.

It is normal for a new mom to feel emotional for a few days after the baby is born. These "baby blues" should go away after a few weeks.

When the feelings of sadness, anger, anxiety, being overwhelmed or unable to cope do not go away but get worse, it is most likely postpartum depression.

Without treatment these feelings can last for months and sometimes for years.

HOW IS POSTPARTUM DEPRESSION TREATED?

Postpartum depression is treated in many different ways. Your health care provider can talk to you about which approach might be best for you. Here are a few treatment options:

Counseling with a therapist. It is helpful to have the baby's father, a supportive family member or a friend go with you.

Medication is often needed to make the symptoms better. Antidepressant medication can be effective and generally has few side effects. If you are breastfeeding your baby, your health care provider can talk to you about which medication may be helpful. You can contact the Pregnancy Risk Line | MotherToBaby Program for information on the effects of these medications on a breastfed baby: 1-800-822-2229 or go to www.pregnancyriskline.org

Talking with other women who have suffered from postpartum depression can also help. Many women's support groups are available.

* To order this brochure contact the Pregnancy Risk Line at 1-800-822-2229 or email jrobertson@utah.gov

