



Life with a new baby is not always what you expect

Have you had some of these symptoms for more than 2 weeks? You may:

- Not feel yourself
- Be sad and tearful
- Feel exhausted, but unable to sleep
- Have changes in eating and sleeping patterns
- Feel overwhelmed and can't concentrate
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel restless, irritable or angry
- Feel extremely high and full of energy
- Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling or “lump” in the throat
- Feel guilty and ashamed, thinking you are not a good mother
- Not be bonding with the baby, or to afraid to be alone with the baby
- Have repeated scary thoughts about the baby

Don't Wait. There is help for you and your family.

- Your healthcare provider (family physician, midwife, nurse, OB/GYN)
- INFO line to find your public health agency 1-866-532-3161
- Telehealth Ontario 1-866-797-0000 or TTY 1-866-797-0007
- Mental Health Services Information Ontario 1-866-531-2600
- Our Sister's Place www.oursistersplace.ca
- The Best Start Resource Centre's Postpartum Mood Disorder Campaign: www.lifewithnewbaby.ca

Very rarely women will have postpartum psychosis.

This is a serious illness with risks to mother and baby.

Have you felt like this even for a short time?

- Have thoughts of harming you or the baby
- Hear or see things that are not there
- Believe people or things are going to harm you or your baby
- Feel confused or out of touch with reality
- Don't Wait. Get help right away.

Go to : Your local hospital emergency department

Or Call: Your local crisis intervention line

What you can do:

- Ask for help
- Take care of your self
- Take time for yourself
- Get counseling or join a support group
- Consider medication

What a Partner, Family and Friends Can

Do:

- Listen and support feelings
- Encourage her to ask for professional help
- Develop your relationship with the baby
- Ask her how you can help
- Educate yourself about postpartum mood disorders
- This Is Not Your Fault. There Is Help For You And Your Family.