

FINDING THE STRENGTH TO FALL APART

- Up to 25% of women experience a deep depression which lasts much longer than the few days of baby blues. This is postpartum depression.
- Having a baby is a major life event which for every mother is a challenging time both physically and emotionally.
- Society believes that bringing baby home should be nothing but a joyful occasion; for many new mothers this experience is much different. Irritability, crying, mood swings, lack of sleep and feelings of vulnerability. AM I A GOOD MOTHER??
- Women with postpartum depression may see themselves as bad mothers.
- They do not feel all that joy everyone is telling them they should feel so they are reluctant to seek the help they need.
- It is for this reason many moms suffer in silence and do not seek the help they need.

You are not alone!

WHERE TO GET HELP

- Talk to your Public Health Nurse (call 204-926-7000 to find your Public Health Nurse)
- Talk to your doctor, midwife or other healthcare provider (If you do not have a doctor call the Family Doctor Connection Program at (204-786-7111))
- For information about resources and supports call the Women's Health Clinic Mothers Program at 204-947-2422 ext. 113 or visit womenshealthclinic.org
- Contact the MDAM PPD Warmline at 204-560-1468, M-F, 9AM - 9PM

If you are having thoughts of harming yourself or your baby, or are in crisis:

- Go to the WRHA Crisis Response Centre at 817 Bannatyne Avenue or call WRHA Mobile Crisis Service at 204-940-1781 (24 hours / 7 days a week)
- Call the Klinik Community Health Centre Crisis Line (24 hours / 7 days a week) at 204-786-8686
- Call the Manitoba Suicide Line (24 hours / 7 days a week) at 1-877-435-7170

WHAT CAN I DO?

Postpartum depression is easily treated with medication, social support, psychotherapy, support groups, healthy diet, consistent/healthy sleep habits and/or home visits/visitors. The first and most important step is educating people what PPD is and that mothers are not alone, there is help out there.

FOR MORE INFO, PLEASE CONTACT

Mood Disorders Association of Manitoba
(Westman Region)
217 10th Street, Unit C
Brandon, MB R7A 4E9
Phone: 204-721-2174
Email: westman@moodmb.ca
www.mooddisordersmanitoba.ca

POSTPARTUM DEPRESSION

Let's Talk About It



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Putting Women's Health First

LOVEYOU
by SHOPPERS DRUG MART

POSTPARTUM DEPRESSION “THE PERFECT STORM”

During the third trimester of pregnancy a woman's body has elevated amounts of “the happy hormone” progesterone. This increase in hormone is to help maintain the pregnancy while there is so much pressure on a woman's body.

Once baby is born, progesterone levels decrease dramatically, estrogen remains high to promote milk production and return a woman back to her normal menstruation cycles, etc.

These hormonal changes along with lack of sleep, the major lifestyle changes that occur in a parent's life, the stress of having this little human completely and totally dependent on you, complicated by changes in body shape and society's idea of the perfect body image is a perfect storm for depression.

This form of depression is more common than anyone is willing to admit and new studies have found that Dad's can suffer from postpartum depression as a result of exhaustion and lifestyle changes!

Let's break the stigma! Let's talk about it. With help there is hope.

SIGNS AND SYMPTOMS

Is this the “baby blues” or is it postpartum depression?

There are many symptoms of postpartum depression that can occur anytime with the first year after giving birth. These symptoms last more than the few days of baby blues that women experience shortly after giving birth.

This form of depression has been dated as far back as 4th Century B.C. but has only recently been recognized as an illness. PPD symptoms include, but are not limited to, the following:

- Sadness
- Hopelessness
- Low self-esteem
- Guilt
- Sleep and eating disturbances
- Inability to be comforted
- Exhaustion
- Emptiness
- Social withdrawal
- Low or no energy
- Easily frustrated
- Feeling inadequate to care for your baby
- Spells of anger
- Anxiety or panic attacks
- Decrease or increase in sex drive

In extreme cases these symptoms can become postpartum psychosis where a woman may be hallucinating and/or experiencing thoughts of hurting herself or others. In these cases, do not hesitate, GET HELP IMMEDIATELY.

RISK FACTORS

While not all causes are known, the following factors have been identified as predictors of PPD:

- A history of depression
- Smoking
- Low self-esteem
- Childcare stress
- Prenatal depression
- Prenatal anxiety
- Life stress
- Low social support
- Poor marital relationship
- Infant temperament problems (colic)
- Single parent
- Low socioeconomic status
- Unplanned/unwanted pregnancy
- Maternal age
- Expectations of motherhood
- Birthing practices
- Ease of labour/delivery
- Profound lifestyle changes as a result of caring for baby

