



When Baby Blues Don't Go Away

Postpartum Depression (PPD) can happen a few days or months after childbirth or may not start until after a woman stops breastfeeding. It is a form of depression that may emerge in women within one year of delivery. Up to 20% of new mothers experience PPD.

SIGNS OF PPD MAY INCLUDE:

- Poor sleep and/or being very tired
- Issues focusing, remembering, making decisions
- Little/no interest or pleasure in activities
- Afraid of hurting you or the baby
- Not being able to eat and weight loss, overeating, and weight gain
- Feeling restless, irritable, worthless, guilty, depressed, sad, or crying a lot
- Overly worried about the baby or not having any interest in the baby
- Headaches, chest pains, heart palpitations, numbness, or hyperventilation

HOW IS PPD TREATED?

PPD is a medical illness treated with both medication and counseling. Some women find it helpful to attend a support group to talk with others going through the same situation.

IF YOU THINK YOU HAVE PPD, WHAT SHOULD YOU DO?

If you are thinking about hurting yourself or your baby, call your doctor or health care provider right away or call 911.

- Talk to your doctor (or health care provider) because a new mom can experience guilt about feeling depressed, and those feelings are not your fault. Reaching out for help is not a sign of weakness or failure as a mother.
- If you are having feelings of depression or sadness that do not go away after a few days, reach out to your doctor.

You can also take the **EDINBURGH POSTNATAL DEPRESSION SCALE** on the reverse. ➤



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see what programs and services are available

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EDINBURGH POSTNATAL DEPRESSION SCALE

Circle the answer that most closely matches how you have felt in the last seven (7) days. Once completed, add the number of points and compare your results to the score interpretation.

1. I have been able to laugh and see the funny side of things

- (0) As much as I always could
- (1) Not quite so much now
- (2) Definitely not so much now
- (3) Not at all

2. I have looked forward with enjoyment to things

- (0) As much as I ever did
- (1) Rather less than I used to
- (2) Definitely less than I used to
- (3) Hardly at all

3. I have blamed myself unnecessarily when things went wrong

- (0) No, never
- (1) Not very often
- (2) Yes, some of the time
- (3) Yes, most of the time

4. I have been anxious or worried for no good reason

- (0) No, not at all
- (1) Hardly ever
- (2) Yes, sometimes
- (3) Yes, very often

5. I have felt scared or panicky for no good reason

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, quite a lot

6. Things have been getting on top of me

- (0) No, I've been coping as well as ever
- (1) No, most of the time I've coped quite well
- (2) Yes, sometimes I haven't been coping as well as usual
- (3) Yes, most of the time I haven't been able to cope

7. I have been so unhappy; I have had difficulty sleeping

- (0) No, not at all
- (1) Not very often
- (2) Yes, sometimes
- (3) Yes, most of the time

8. I have felt sad and miserable

- (0) No, not at all
- (1) Not very often
- (2) Yes, sometimes
- (3) Yes, most of the time

9. I have been so unhappy that I have been crying

- (0) No, never
- (1) Only occasionally
- (2) Yes, quite often
- (3) Yes, most of the time

10. The thought of harming myself has occurred to me

- (0) Never
- (1) Hardly ever
- (2) Sometimes
- (3) Yes, quite often

Score Interpretation

1-10	No further screening required
11-14	Repeat test in 2 weeks
15+	Contact your health care provider or call the number on the back of your ID card