

	Postpartum Blues	Pregnancy - Postpartum Depression and Anxiety	Postpartum Psychosis
How common is it?	NORMAL. 50-80% of women experience postpartum blues.	15-25% of women, more frequent in teens. 10% of men.	1-3 per 1,000 postpartum women.
When does it start and how long does it last?	May occur anytime within the first week postpartum. Will resolve within 2-3 weeks.	May occur anytime throughout pregnancy and through approximately one year after birth. Without treatment, it may not go away.	Usually occurs within the first 4 weeks postpartum. Needs immediate treatment.
Are you experiencing any of these symptoms?	<ul style="list-style-type: none"> • Feeling Overwhelmed • Appetite Disturbances (eating too much or too little) • Sleep Disturbances (sleeping too much or insomnia) • Irritability, frustration, anger • Loss of interest of things you once enjoyed • Fear of harming yourself or baby • Reliving past trauma • Excessive worries, fears, panic • Scary, repetitive thoughts or mental pictures • Over-concern or lack of concern for baby • Feelings of guilt, shame or worthlessness 		<ul style="list-style-type: none"> • Seeing or hearing things that others do not • Severe insomnia, high energy • Extreme mood swings • Delusions, inability to reason • Agitation, irritability • Feeling “speeded up” • Confusion • Thoughts or plan of hurting yourself or baby
What can you do?	This is not your fault. You are not to blame. Talk with your healthcare provider about how you are feeling.		Needs to be treated right away. A family member or friend may notice symptoms before you do.
Whom do you contact?	The POEM Pregnancy-Postpartum Support Line: 614-315-8989 Care provider: _____ Suicide Prevention Hotline: 800-273-8255 Netcare Access: 614-276-2273		Go to the nearest Emergency Room or call Netcare Access: 614-276-2273