



As many as 80% of mothers experience some form of postpartum depression.

As many as 20% experience life-debilitating long-term depression.

A few experience psychosis, which can lead to harmful behaviors to self or baby as an escape from postpartum depression.



www.healthystartpinellas.org

POSTPARTUM MOOD DISORDER

**It's Always
Treatable**

FOR HELP CONTACT

PINELLAS COUNTY

DIAL 211
FOR 24 HOUR HELP LINE OR
(727) 562-1542 for a direct line
Family Emergency Treatment Center
(727) 545-6477

Directions for Mental Health
(727) 524-4464

STATEWIDE IN FLORIDA

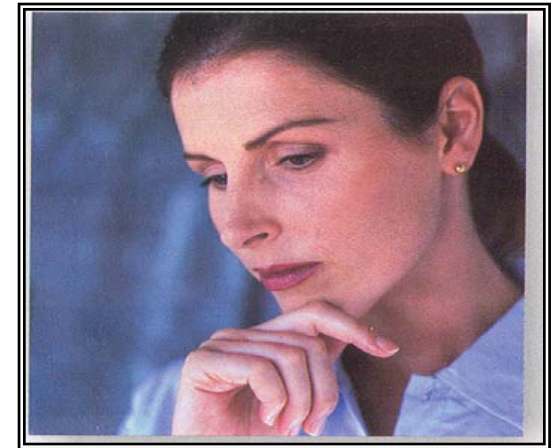
Family sources of Florida
1-800-FLA LOVE (352-5683)

WEBSITES

Postpartum Support International
www.postpartum.net

Depression after delivery
www.depressionafterdelivery.com

Baby Blues Can Hurt You



*Help for Moms
and their families*

**POSTPARTUM
MOOD DISORDERS**

POSTPARTUM MOOD DISORDERS

EVERY YEAR IN FLORIDA, POSTPARTUM mood disorder impacts more than 200,000 moms. As many as 80% of MOTHERS EXPERIENCE SOME FORM OF IT. POSTPARTUM DEPRESSION CAN AFFECT WOMEN DURING PREGNANCY, AFTER DELIVERY, OR EVEN MONTHS LATER. IT CAN ALSO FOLLOW A MISCARRIAGE, OR TERMINATION OF PREGNANCY. OFTEN THIS DISORDER IS PASSED OFF AS THE "BABY BLUES"

(WHICH OCCURS WITHIN THE FIRST WEEK AFTER DELIVERY)

AND CAN LAST FOR UP TO TWO WEEKS. IF IT LASTS LONGER THAN TWO WEEKS, IT IS POSTPARTUM DEPRESSION.



LASTS LONGER THAN TWO WEEKS, IT IS POSTPARTUM DEPRESSION.

WARNING SIGNS

- Sadness/Crying Often
- Having a sense of Loss/emptiness
- Feeling Listless or hyperactive
- Withdrawing from friends and family
- Extreme mood swings
- Feeling like a bad mother
- Wanting to run away
- Feeling Impatient or Irritable
- Appetite or sleep disturbances
- Resentfulness
- Having bizarre and troubling thoughts
- Feeling inadequate
- Confusion, having trouble concentrating
- Fear of harming self or baby
- Feelings that baby or family would be better off without you

**Dads and other family members:
Be Alert.**

Protect your family and make the call because she can't.



It's Not Your Fault * You're Not Alone * It's Always Treatable

Sponsoring Organization:

HEALTHY START COALITION OF PINELLAS, INC.

2735 WHITNEY ROAD
CLEARWATER, FL 33760
www.healthystartpinellas.org
(727) 507-6330



Coalition of Pinellas, Inc.

