

Is there anything else I can do to help myself feel better?

Being a new mom can be a challenging time. Don't be afraid to ask for help and make sure to take care of yourself as well as your baby.



Treat yourself well by:

- Taking one day at a time
- Eating healthy meals, even if you are not hungry
- Trying light exercise, like a walk outside
- Resting as much as you can, even if you can't sleep
- Setting aside a small amount of "me" time each day
- Asking for help when needed
- Accepting help when offered
- Talking to your doctor if you do not like the way you are feeling



Monroe County WIC Program 734-240-7905

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Baby Blues & Postpartum Depression



As a new mom, you probably feel a lot of wonderful emotions – joy, delight, happiness. But you may also feel some unexpected emotions such as sadness, fear, or anxiety.

If you feel this way, you are not alone!

Many new moms experience something called the baby blues, which can include mood swings, irritability, tearfulness, and fatigue. Baby blues are normal and usually fade quickly then resolve by about 7-10 days after childbirth; but, some new moms experience a more long-lasting sadness that may be postpartum depression.

What is Postpartum Depression?

Depression that occurs after pregnancy is called Postpartum Depression, or PPD. PPD is a medical condition and there is no single cause or reason for why it occurs in some women.

Contact your doctor to discuss your feelings if you are experiencing:

- Unusual anger or irritability
- Unusual appetite or sleep disturbances
- Guilt, shame, or hopelessness
- Loss of interest in things you used to enjoy
- Difficulty bonding with or lack of interest in your baby
- Despair, intense sadness, or feelings that you are "going crazy"
- Possible thoughts of harming your baby or yourself – if you do have these thoughts, **Call 9-1-1 Immediately**



Where to find help . . .

If you recently had a baby and are having unusual thoughts, feeling depressed, or are not feeling like yourself, always talk with your doctor first to discuss your feelings.

Other resources you may find helpful:

Postpartum Depression Support Lines and Groups



Postpartum Depression Support Group of the Greater Ann Arbor Area

- FREE meetings the 1st & 3rd Monday of every month from 10:30am-noon
- 2500 Packard Road, Suite 101, Ann Arbor, Michigan
- For more information or to RSVP, call 734-418-2683 or visit www.ppd-annarbor.org

Perinatal Outreach and Encouragement for Moms – Northwest Ohio

- FREE peer-to-peer support system that provides telephone support, resources & referrals, and a support group
- For more information, contact Margo at 419-360-0169 or visit http://www.poemonline.org/contact_nw_ohio.html

Postpartum Support International (PSI) Warmline*

- TOLL-FREE number anyone can call to get basic information and resources on PPD. *This is not a crisis hotline & does not handle emergencies.
- Calls answered Monday-Friday from 8am-4:30pm Pacific time
- 1-800-944-4PPD (4773)

Individual Counseling Services in Monroe County

Agency	Contact Number	Accepted Insurance
Catholic Social Services of Monroe County	734-240-3850	Blue Care Network, Medicare, Molina, OmniCare, CareSource, Great Lakes Health Plan, Health Plan of Michigan, Cofinity
Family Counseling and Shelter Services	734-241-0180	Health Plan of Michigan, CareSource, Great Lakes Health Plan, Molina, OmniCare <small>*sliding scale fee available</small>
Family Medical – Temperance & Carleton Locations	734-847-3802 (Temperance) 734-654-2169 (Carleton)	AETNA, Anthem, BCBS, Cigna, HAP, Medicaid, Medicare, Molina, Monroe County Health Plan, Ohio Medicaid, Paramount Health Care, PHCS, PPOM, United Health Care
Mercy Memorial Hospital Family Center	734-240-1760	No TRICARE, No Medicaid, No Adult Benefit Waiver. Accept a very large number of insurances, call to inquire.
Progressive Guidance Center	734-241-4851	Health Plan of Michigan, Medicare, BCBS (not thru Ford or Chrysler), Blue Care Network, Cofinity, AETNA, HAP, Cigna, Paramount, Value Options, Magellan



If you need help for postpartum depression and are not sure where to go, Monroe Community Mental Health may be able to lead you in the right direction. Call 734-243-7340 and ask for an assessment by the Access Center – they will assess your needs and provide information on referrals and resources available to you.

If you have thoughts of harming yourself or your baby, Call 9-1-1 Immediately.