

# Support...



Many health care providers and support groups can help you overcome your sad feelings and fears. **There is no need to struggle alone.** Here are some people who can help:

- Obstetricians
- Family Practice Physicians
- Midwives
- Prenatal Educators
- Community Health Professionals
- Mental Health Professionals
- OB Case Manager
- Inpatient Social Work Services
- Pediatricians



## Use the test below as a **self-assessment**

tool. Answer the response, which is closest to how you have felt the past 7 days. Add up the numbers to your responses to obtain your score. A score of 10 or greater may be indicative of possible depression and you should contact a health care provider for assistance.

Have you been able to laugh and see the funny side of things?  
0 As much as you always had  
1 Not quite so much now  
2 Definitely not so much now  
3 Not at all

Have you looked forward with enjoyment to things?  
0 As much as you ever have  
1 Rather less than you used to  
2 Definitely less than you used to  
3 Hardly at all

Have you blamed yourself unnecessarily when things went wrong?  
0 No, never  
1 Not very often  
2 Yes, some of the time  
3 Yes, most of the time

Have you been anxious or worried for no good reason?  
0 No, not at all  
1 Hardly ever  
2 Yes, sometimes  
3 Yes, very often

Have you ever 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

Have things been getting hard to cope with?  
0 No, you have been coping as well as ever  
1 No, most of the time you have coped quite well  
2 Yes, sometimes, you haven't been coping as well as usual  
3 Yes, most of the time you haven't been able to cope well

Have you been so unhappy that you have had difficulty sleeping?  
0 No, not at all  
1 Not very often  
2 Yes, sometimes  
3 Yes, most of the time

Have you felt sad or miserable?  
0 No, not at all  
1 Not very often  
2 Yes, sometimes  
3 Yes, most of the time

Have you been so unhappy that you cry?  
0 No, never  
1 Only occasionally  
2 Yes, quite often  
3 Yes, most of the time

Has the thought of harming yourself occurred to you?  
0 Never  
1 Hardly ever  
2 Sometimes  
3 Yes, quite often

## Important Phone Numbers

- Women's Health Clinic ..... 288-8133
- Department of Social Work..... 288-6474
- Sexual Assault Care ..... 288-6474 x 249
- Domestic Violence ..... 702-4953
- Military One Source..... 1-800-342-9647
- Emergency Room..... 288-8113

[www.crdamc.amedd.army.mil](http://www.crdamc.amedd.army.mil)

This information is not intended to replace advice given by a medical professional. If you have any questions, please contact your health care provider.

For mental health emergencies that occur after hours, on weekends, & holidays for active-duty and dependents, please go to: Carl R. Darnall Army Medical Center's Emergency Room, 288-8113.



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## Baby Blues

### Postpartum Depression

*"We can help"*

“Up to 70% of all new mothers experience the baby blues to some degree.”

With the birth of a baby comes **many changes** that can be overwhelming



It is not required that you be seen at Carl R. Darnall Army Medical Center.

You may make a request for a self-referral through TRICARE Services.

These feelings are absolutely normal and nothing to be ashamed of!

As the mother's hormones begin to settle down and return to normal, the blues often go away on their own after only a couple of weeks. If you feel that the symptoms are not improving and you are concerned about it, there is not any reason why you have to wait for the whole 6-8 weeks until your follow up appointment to call your health care provider.

## WHAT DOES POSTPARTUM DEPRESSION FEEL LIKE?

- “It feels scary”
- “It feels out of control”
- “It feels like each day is a hundred hours long”
- “It feels like no one understands”
- “It feels like my marriage cannot survive this”
- “It feels like I’m a bad mother”
- “It feels like I should never have had this baby”
- “It feels like if I could only get a good night’s sleep everything would be better”
- “It feels like I have no patience for anything anymore”
- “It feels like I’m going crazy”



Giving birth is one of the most emotionally rewarding experiences in a woman's

life. However, with the birth of a baby comes a time of many changes that some women find overwhelming. It is quite common for a new mother to feel a bit of a let down after her baby's birth. The baby has been such a physical and emotional part of the mother's body for nine months and now suddenly the baby is a separate being.

### Postpartum Blues

Postpartum blues is a very common emotional reaction and is often referred to as the “Baby Blues.” Baby Blues are so common that if you don't get them, you're lucky. The onset of this reaction is usually 3-14 days postpartum. Just remember that these feelings are normal, and usually don't last for more than a few days or weeks.

### Symptoms Include

- Tearfulness/Moodiness
- Depression
- Headaches
- Restlessness/Insomnia
- Irritability
- Confusion
- Forgetfulness
- Resentment

Getting plenty of rest, eating well, and the support of family and friends, may all help alleviate postpartum blues.

### Postpartum Depression

Although the symptoms of postpartum depression are very much like those of the “baby blues,” this kind of depression is more serious. Approximately 10% of new moms will develop post-partum depression either immediately after birth or within the first year after delivery. This can be a serious medical problem and

usually requires treatment by your provider. The duration of post partum depression is 2 weeks or more. If you experience the symptoms below, be sure to check with your provider about treatment. With medication, you should feel better in a few weeks. Family support is also essential since you'll need plenty of rest and help in caring for your home and family.

### Symptoms Include

- Loss of self-esteem
- Inability to care for self, family, or baby
- Negative feelings towards your baby
- Tearfulness
- Despondency
- Feelings of inadequacy
- Numbness
- Suicidal
- Sadness or guilt
- Reduced appetite
- Insomnia
- Feeling of helplessness

and hopelessness

- Anxiety and despair
- Fears about baby or your own health