

HealthTips

Make Health Happen

Postpartum depression

Having a new baby can be an exciting time. But if you feel sad or depressed after giving birth, you're not alone.

Depression after pregnancy, called postpartum depression, is common.

"Baby blues"

Sometimes new moms get the "baby blues." After delivery, they may:



Feel sad



Feel stressed out



Have mood swings

These feelings usually go away in a few **weeks**.



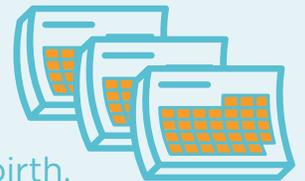
For some, the baby blues don't go away and may even get worse.



Postpartum depression

Sometimes when women become depressed after giving birth, it is called postpartum depression.

This can last more than **two weeks** and can happen anytime during the first year after childbirth.



How will you know? Put a check next to any of these things that are true for you:

- I feel moody, sad or overwhelmed most of the time.
- I feel guilty, worthless or hopeless.
- I cry most of the time.
- I have no energy.
- I sleep or eat too much or too little.
- I can't remember things or make decisions.
- I have headaches or stomachaches for no reason.
- I'm not interested in my baby.
- I don't want to see family or friends.
- I don't think I'm a good mother to my baby.



If you put a check next to any of these things, or if you think you might be depressed, call your primary care provider.

Helpful phone numbers for Dell Children's Health Plan members only

Member Services or 24-hour Nurse HelpLine:
1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

TS-MEM-0501-19


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Talk to your primary care provider first.

If you don't know the name of your primary care provider, we can help. Call Dell Children's Health Plan Member Services at 1-888-596-0268 (TTY 711) Monday through Friday from 7 a.m. to 6 p.m. Central time. If you need help making an appointment with your primary care provider, we can do that, too.



If you ever feel like you want to hurt your baby or yourself, call 911 or go to the emergency room right away.



Postpartum depression can be treated.

Sometimes medicine is prescribed. Counseling, or "talk therapy," may also help. You and your primary care provider can talk about the best way to help you feel better.

Postpartum depression won't go away on its own. If it's not treated, it can get worse and may affect how you bond with your new baby.

Having a new baby is stressful.

It's normal to feel tired or unsure. You may have questions or concerns after the baby is born. If so, Dell Children's Health Plan members can call the 24-hour Nurse HelpLine at 1-888-596-0268 (TTY 711). Day or night, our nurses are here to help you.

Source:
National Institute of Mental Health,
www.nimh.nih.gov

You can also get support from Postpartum Support International (PSI). You can reach PSI by phone at **1-800-944-4773**, text **503-894-9453** or by visiting **www.postpartum.net**.
