

INFORMATION & REFERRAL

MENTAL HEALTH ASSOCIATION

I&R line 713-522-5161
www.mhahouston.org

POSTPARTUM ADJUSTMENT GROUP, WOMEN'S HOSPITAL OF TEXAS

713-791-7593

MOM-TO-MOM GROUP

Columbia-Clear Lake Regional Medical Ctr
713-371-5666

POSTPARTUM RESOURCE CENTER OF TEXAS

www.texaspostpartum.org
1-877-472-1002

DEPRESSION AFTER DELIVERY (DAD)

www.depressionafterdelivery.com

POSTPARTUM SUPPORT INTERNATIONAL

www.postpartum.net
1-805-967-7636

SUICIDE HOTLINE

1-800-SUICIDE
1-800-784-2433
http://suicidehotlines.com

POSTPARTUM EDUCATION FOR PARENTS (PEP)

1-805-564-3888
www.sbpep.org

CRISIS HOTLINE NUMBERS FOR HOUSTON

713-HOTLINE
Spanish language hotline: 713-526-8088

My nearest Emergency Room is:

My healthcare provider's number is:

My emergency number is 911:

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MENTAL HEALTH ASSOCIATION
OF GREATER HOUSTON

Reaching out, changing lives

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Your Emotions After Delivery



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Your Emotions After Delivery

After the birth of your baby, you may experience many emotions including joy, excitement, nervousness, worry, and self-doubt. You may ask yourself, “*Will I be a good mother?*” These are all normal questions and thoughts. Sometimes other more surprising feelings may arise such as extreme anxiety and fear, overwhelming sadness and/or feelings that your thoughts are unusual or odd. Following are some conditions that can occur after childbirth.



BABY BLUES:

Up to 80 percent of all new mothers may experience what is commonly called “Baby Blues.” The symptoms usually start around three days after delivery and may last as long as two weeks. Symptoms include tearfulness, mood swings, irritability, and being overly sensitive—similar to symptoms women experience

prior to their periods. Women with baby blues are still able to enjoy the experience of new motherhood. These symptoms usually resolve on their own.

POSTPARTUM DEPRESSION:

This is a common illness affecting one in 10 women after delivery - 400,000 women in the United States each year. Postpartum depression may go undetected by your doctor or health care provider. Symptoms may include sad or irritable mood, tearfulness, difficulty sleeping even when the baby is asleep, lack of interest or pleasure in your newborn, low energy, change in appetite, decreased ability to care for yourself and/or your baby, and thoughts of death or suicide. This is a medical illness that requires treatment.

POSTPARTUM PSYCHOSIS:

Postpartum psychosis is a medical emergency that occurs in one in 1,000 women after delivery. The mother’s thinking may become confused and she may hear voices, see visions or have thoughts telling her to harm herself or her baby. She may become very agitated or very withdrawn. Mothers who are experiencing these thoughts or feelings **MUST** tell a health care professional immediately or go to the nearest emergency room.

POSTPARTUM OBSESSIVE-COMPULSIVE DISORDER/ANXIETY:

Symptoms may include unwelcome, frightening thoughts of the baby being harmed. The mother may even have fears that she may somehow harm her baby herself. She may spend much of her time trying to prevent these thoughts or feared events from happening. These thoughts can be so overwhelming she may not want to be left alone with her baby.

SYMPTOM CHECKLIST:

Please check all that apply to you:

- Thoughts of death or suicide.
- Extreme worry or panic.
- Confusion or inability to concentrate.
- Fears of being alone with your child.
- Feeling disconnected from reality.
- Not being able to sleep even when your baby is sleeping.
- Not caring for yourself, not sleeping or eating.
- Lack of feeling for or interest in your baby.
- Not wanting to get out of bed.
- Wanting to avoid friends and family.

If you are experiencing any of the symptoms above, please tell someone (friends, family, health care provider).

