

# The Baby Blues or Something More?



## Are you feeling, sad, anxious, or overwhelmed as a new parent?

Many new parents have these feelings in the days after childbirth. Baby blues usually go away on their own. If these symptoms persist or worsen, you may have postpartum depression.

### Baby Blues

**Starts within a few days of giving birth; goes away on its own within a couple weeks**

- Feeling restless or anxious
- Finding it hard to concentrate
- Being impatient or grumpy
- Mood changes
- Crying for no reason
- Sadness
- Feeling "I'm not myself today"

### Postpartum Depression

**Usually starts within 1-3 weeks of giving birth or anytime up to one year; need treatment to get better**

- Severe anxiety or panic attacks
- Finding it hard to focus
- Intense irritability & anger
- Change in sleep, weight, appetite
- Crying or worrying a lot
- Loss of interest in activities
- Feeling worthless, shame, or guilt

### Postpartum Anxiety

**Usually occurs throughout pregnancy and up to one year postpartum**

- Continuous or excessive worrying
- Hyperventilation
- Inability to relax
- Fatigue, nausea, or vomiting
- Difficulty sleeping
- Trembling or shaking
- Excessive worrying about future events

**If you are ever worried about harming yourself or your baby call 911 or go to the nearest emergency room.**

# Resources

## **Mental Health Taskforce of Polk County:**



## **National Maternal Mental Health Hotline:**

Call or Text 1-833-TLC-MAMA/1-833-852-6262



## **Postpartum Support International:**

Call 1-800-944-4773

Text "HELP" to 1-800-944-4773



## **Substance Abuse and Mental Health Services**

**Administration's National Helpline:**

1-800-662-HELP (4357)



If you are having a suicidal crisis, please call or text  
**988** or the **National Suicide Hotline** at  
1-800-273-8255



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