



## IS IT MORE THAN THE BABY BLUES?

*Many women experience anxiety  
or sadness after giving birth.*



If you're wondering whether your feelings of sadness and anxiety are more than just the "baby blues," take the quiz on the back to learn the signs of postpartum depression – a serious, yet treatable, medical condition affecting one out of eight new mothers within a year after they give birth.

— be smart. be healthy. —

**right** FROM THE **start**


For more tips on your health:

ARE YOU EXPERIENCING  
A CONDITION CALLED,  
“*POSTPARTUM DEPRESSION?*”

**watch for the signs**

Read the statements below. Mark the box  
if the statement sounds familiar to you.

**During the past week or two ...**

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- ☐ I have been unable to laugh and see the funny side of things.
  - ☐ I have not looked forward to things I usually enjoy.
  - ☐ I have blamed myself unnecessarily when things went wrong.
  - ☐ I have been anxious or worried for no good reason.
  - ☐ I have felt scared or panicky for no good reason.
  - ☐ Things have been getting the best of me.
  - ☐ I have been so unhappy that I have had difficulty sleeping – even when my baby is sleeping.
  - ☐ I have felt sad or miserable.
  - ☐ I have been so unhappy that I have been crying.
  - ☐ **I have no interest in caring for my baby.\***
  - ☐ **The thought of harming myself, my baby or others has occurred to me.\***

Did you check more than one box? Have the feelings lasted more than two weeks? If so, talk to your partner or medical provider today.

Postpartum depression is an illness, not a weakness. You are not alone and there is help.

**\* Seek help immediately if you feel this way.**

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**right** FROM THE **start**



This material does not replace the advice of your health care provider.  
Ask him/her for more information on this topic.

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