



**“I never thought  
I’d feel this way.”**

1 in 8 new moms experience

# POSTPARTUM DEPRESSION



It's normal to go through an adjustment period following childbirth - new mothers experience many different emotions.

Women anticipate feelings of happiness with the birth of their babies. But many new mothers are surprised by other feelings such as sadness, anger, fear or anxiety.

Up to 75% of new mothers experience the "baby blues". The baby blues usually begin a few days after birth and often go away on their own by two weeks.

During the baby blues, women may feel weepy, overwhelmed, irritable, anxious, fatigued and have trouble sleeping.

If these feelings don't go away or get worse you may be experiencing

*POSTPARTUM  
DEPRESSION.*

## "How do I know if I have postpartum depression?"

If you've been experiencing any of the following for two weeks or more, talk to a health care provider:

- Strong feelings of sadness or emptiness
- Constant fatigue (even after resting)
- Trouble falling asleep or wanting to sleep all the time
- Uncontrollable crying
- Losing interest in activities you normally enjoy
- Trouble concentrating or making decisions
- Changes in appetite or weight
- Feeling hopeless, trapped or worthless
- Feeling anxious, overwhelmed or out of control
- Worrying a lot about your baby's health or safety
- No interest or pleasure in your baby
- Scary thoughts or fears about harming the baby

## Postpartum depression is treatable.

Counselling, medication and support are helpful in treating postpartum depression. A health care provider can help you find the right supports and services for your situation. The sooner you get help, the sooner you'll be feeling better.

You are not alone. Many women suffer in silence with postpartum depression because they fear being seen as bad mothers or feel too ashamed to seek help.

It is important to remember that postpartum depression can affect any new mother. It is not your fault.



"I feel like the worst mother in the world."

*If you are having thoughts of harming yourself or the baby, talk to someone immediately.*

The number one complication  
of childbirth is **DEPRESSION**

# Where to get help for postpartum depression

- Talk to your Public Health Nurse
- Mental Health Access: **888-310-4593**
- If you're having thoughts of harming yourself or your baby or are feeling in crisis, call: Mental Health Crisis Service **888-617-7715**  
Manitoba Suicide Line **877-435-7170** (24 hours)
- First Nations & Inuit Hope for Wellness **855-242-3310** (24 hours)
- Talk to your doctor or midwife. For assistance in finding a family doctor call the Family Doctor Finder at **866-690-8260**
- For information about resources and supports call the Women's Health Clinic Mothers Program at **866-947-1517**
- If you need more information and help finding resources call **Health Links-Info Santé** (24 hours) at **888-315-9257**
- For support contact the Postpartum Warm Line by calling or texting **204-391-5983** or email [postpartumwarmline@mooddisordersmanitoba.ca](mailto:postpartumwarmline@mooddisordersmanitoba.ca). If you are calling from outside of Winnipeg, please state this when you call and our volunteers will call you back.

More information on postpartum depression is available at the following sites:

[www.postpartum.org](http://www.postpartum.org) | [www.postpartum.net](http://www.postpartum.net) | [www.ppdmanitoba.ca](http://www.ppdmanitoba.ca)

Visit [www.southernhealth.ca](http://www.southernhealth.ca)  
Email [info@southernhealth.ca](mailto:info@southernhealth.ca)  
Toll Free 800-742-6509

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