

Feeling Blue?

Postpartum Depression affects your mind, body, thinking, emotions, and behaviours. It can affect all aspects of your life, including how you feel about yourself attachment to your baby and your baby's healthy development.



How Do I know I Have It? Some Common signs of Postpartum Depression include:

- Extreme fatigue or exhaustion
- Lack of interest in things that usually bring pleasure
- Uncontrollable crying
- Feeling upset or angry over things that usually wouldn't bother you
- Depressed feelings or extreme mood swings
- Change in appetite and sleep
- Feeling unfit or unable to care for your baby
- Lack of interest or resentment toward your baby
- Withdrawing from family, friends and social interactions
- Strong feelings of guilt, failure, worthlessness
- Sleep problems from worry, fear, or nervousness
- Panic attacks or excessive worrying
- Unwanted or scary thoughts



In Revelstoke, call Public Health at 250-814-2244, your doctor, Revelstoke Mental Health at 250-814-2241, or 811

(Visit <https://www.healthyfamiliesbc.ca/home/articles/coping-postpartum-depression-and-anxiety> for more information)

Pacific Post Partum Support Society

A non-profit society dedicated to supporting the needs of postpartum mothers and their families. They also publish *Postpartum Depression and Anxiety: A Self-Help Guide for Mothers*. Website: <http://www.postpartum.org/> Toll Free Phone: 1-855-255-7999

BC Reproductive Mental Health Program

Visit <https://reproductivementalhealth.ca/> This site has a range of information on women's mental health during pregnancy and the postpartum period. You will find fact sheets, worksheets and resources. Fact sheet: https://reproductivementalhealth.ca/sites/default/files/uploads/resources/files/baby_blues_postpartum_depression_fact_sheet.pdf

Heads Up Guys: For men, about men. Health strategies for managing and preventing depression. <http://headsupguys.ca/>