

Are you feeling
as if you are
living in a fog?

Have you lost
interest in the
world around you?

Many new moms often feel the “baby blues” after giving birth—sadness, irritability, and a lack of energy and interest for daily activities.

When these feelings last more than 2-3 weeks it might be time to talk to someone. Don't worry, but don't wait...you are not alone and there are solutions to help you feel better.

**Talk to your doctor.
Ask for help!**



Developed for the Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development with funding by the Office of Head Start/ACF, DHHS (#90YD0268)





I feel tired
and sad,
like the light
went out...

How can I take
care of my baby?

You are Not Alone...

1 out of every 8 new mothers faces depression.

The “Baby Blues” are common with many women feeling

- sadness
- overwhelmed and worried
- irritability
- lack of energy

But if these symptoms last more than 2-3 weeks, it may be time to ask for help—for you and your baby. There are solutions that work.

**Talk to your doctor.
Ask for help!**



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**“I am feeling
empty inside.”**

**“I am tired
and down.”**

**1 out of every 8
new mothers, suffer with
symptoms of depression:**

- a persistent feeling of sadness.
- loss of interest in the world around you.
- no longer enjoying things that used to give me pleasure.
- lack of energy and feeling tired all the time.

Help is available!

Many new mothers feel emotional and exhausted after giving birth. If these symptoms last beyond several weeks, reach out for help—for you and your baby. There are things that can be done to help you feel better. You are worth it!

Talk to your doctor. Ask for help!



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