

# Questions

## DOES THIS APPLY TO YOU?

Mark the answers that come closest to the way you have felt this past week. If you answer "yes" to four or more questions, please contact your healthcare provider to discuss your results.

1. I am unable to laugh and see the funny side of things.  Yes  No
  2. I don't look forward to things.  Yes  No
  3. I blame myself when things go wrong.  Yes  No
  4. I feel anxious or worried for no reason.  Yes  No
  5. I feel scared or panicky for no reason.  Yes  No
  6. I have scary thoughts or mental images.  Yes  No
  7. I have felt so unhappy that I have trouble sleeping.  Yes  No
  8. I feel sad and miserable.  Yes  No
  9. I am so unhappy that I cry a lot.  Yes  No
  10. I have thought about harming myself or others.  Yes  No
- (Edinburgh Postnatal Depression Scale)

# Resources

## Many Shades of Blue (POEM) Information Line

Call for information on support groups in your area. Please leave a message and someone will return your call within 48 hours.

**(937) 401-6844**

**Toll Free 1-866-848-3163**

## Montgomery County CrisisCare

A 24 hour emergency line for those who need immediate help.

**(937) 224-4646**

## Websites:

[www.postpartum.net](http://www.postpartum.net)

<http://postpartumprogress.typepad.com/>

<http://postpartumdepressionhelp.com/>

## Books:

### Beyond the Blues

by Shoshanna Bennett and Pec Indman

### This Isn't What I Expected

by Kleiman and Valerie Raskin

### Behind the Smile

by Marie Osmond

### The New Father's Panic Book


by Gene Williams

POEM is associated with  
Postpartum Support International

# MANY shades OF blue

Perinatal Outreach and  
Encouragement for Moms  
(POEM)





## Feelings

**you may have in common with other women...**

*Chances are if you picked up this brochure, you may be having some feelings that other women have reported such as:*

- ♥ Intense sadness or despair
- ♥ Irritability, frustration, anger
- ♥ Hopelessness, powerlessness
- ♥ Overwhelming loneliness
- ♥ Self-doubt
- ♥ Sleeplessness
- ♥ Inability to think straight
- ♥ Intrusive, scary, thoughts
- ♥ Anxiety, dizziness, shakiness
- ♥ Change in appetite
- ♥ Inability to enjoy life or hobbies

*Research shows that hormonal changes, a personal or family history of depression and lack of support can lead to Postpartum Depression.*

## Tips

**for improving your health:**

- Eat a healthy diet and avoid caffeine, alcohol and junk food. Eat more vegetables and fruit.
- Go for a walk or out to dinner with a friend.
- Rest whenever you have the chance.
- Don't feel guilty if you don't accomplish everything you want in one day.
- Ask for specific help with household chores and errands.
- Talk to a trusted friend, family member or neighbor.
- Talk with your healthcare provider.

*(Symptoms can persist for up to a year.)*

## Suggestions

**for family and friends:**

- ♥ Take her seriously and listen without giving advice.
  - ♥ Go with her to see her doctor or therapist to ask questions and listen to their comments.
  - ♥ Tell her she's a good mom, that it's not her fault and that she will get better.
  - ♥ Help her set limits and give her permission to take rest breaks.
  - ♥ Read as much as you can about Postpartum Depression.
  - ♥ Take care of yourself so you have the energy to be helpful and supportive.
  - ♥ Be patient, *she will get better.*
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