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!
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!**

You are Not Alone...
1 out of every 8 new mothers faces depression.
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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