

One in Eight New Moms Suffer from Depression.

Learn the signs:

- Ongoing sadness.
- Excessive worry.
- Feeling tired most of the time.

Intervention is critical...

These are common symptoms after giving birth often known as the “baby blues.” When the symptoms last beyond 2-3 weeks, it is time to reach out—don’t wait. There are proven strategies that work to help mothers and their families with depression.

To learn more contact your program’s mental health consultant.



Developed for the Center for Early Childhood Mental Health Consultation,
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Have you noticed a new mom...

- Worrying more than usual?
- Having difficulty nurturing her baby?
- Seeming less interested in conversation?
- Having less energy?

Depression Affects Their Babies too...

Many new moms face the “baby blues”—sadness, irritability, and a lack of energy and interest for daily activities—after giving birth. When these feelings last more than 2-3 weeks it might be time to address the possibility of depression. There are proven strategies that can help new moms and their families feel better! Early intervention is critical. **Don't wait, reach out to your program's mental health consultant.**



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