

POSTPARTUM RED FLAGS

you are not alone

This guide is meant to support you with identifying what is normal "baby blues" and when it may be something more. These are not "one size fit all" and you may have just a few symptoms. If you do not feel like yourself, or your partner tells you that you are acting off/different, know there is help.

BABY BLUES

You may feel sad or moody in the first few days to weeks after having your baby. In general this is considered normal because 70-85% of moms experience this. It is a result of the hormonal changes from birth, fatigue from birth and adjusting to baby, as well as the transition to motherhood.

Symptoms can include:

- poor concentration
- crying without reason
- insomnia
- anxiety
- feeling sad
- fatigue
- easily angered
- feeling overwhelmed

POSTPARTUM ANXIETY

You may find yourself feeling overly worried after giving birth, noticing that little things cause you to spiral, have racing thoughts, and feel on edge a lot of the time. This can also occur during pregnancy.

Symptoms can include:

- "what if" thoughts
- racing thoughts/ excessive worry
- lack of concentration
- changes in eating
- worst case scenario thoughts
- trouble falling asleep
- trouble staying asleep
- panic attacks
- racing heartbeat
- nausea/ stomach problems

POSTPARTUM DEPRESSION

Moms may experience feelings of extreme sadness, anxiety, and anger. This can make it difficult to do daily activities. When baby blues last longer than the first few weeks, we want to start to consider this.

Symptoms can include:

- severe mood swings
- intense irritability
- anger/rage
- withdrawal from family/friends
- overwhelming fatigue
- loss of interest
- sadness
- changes in sleep/eating
- reduced libido
- not wanting to engage with baby

POSTPARTUM PSYCHOSIS

While this is very rare, we want to ensure you know the symptoms.

Symptoms can include:

- having a lot of energy
- not being able to sleep/ not needing sleep
- hearing/ seeing things/ voices
- feeling suspicious of others
- feeling very confused
- losing track of time
- trouble focusing

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PERINATAL MOOD DISORDER RISK FACTORS

- history of anxiety/depression
- history of bipolar
- history of schizophrenia
- lack of social support
- "type A" personality
- substance abuse
- pregnancy/infant loss
- current/history of abuse
- unplanned/unwanted pregnancy
- financial stress
- history of PMS/ sensitivity to hormonal changes
- family history (women) of depression/anxiety after birth

13%

OF WOMEN MAY
EXPERIENCE
POSTPARTUM
DEPRESSION

3-5%

OF NEW MOTHERS WILL
EXPERIENCE SYMPTOMS
OF POSTPARTUM OCD

9%

OF WOMEN WILL
EXPERIENCE POST
TRAUMATIC STRESS
DISORDER AFTER BIRTH



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