

## Symptom Checklist

Please check all that apply to you:

- Thoughts or fears of harming yourself or your baby.
- Feeling that your baby would be better off without you.
- Extreme worry or panic.
- Confusion or inability to perform daily functions.
- Fear of being alone with your baby.
- Not caring for yourself, not sleeping, not eating.
- No feelings for or interest in your baby.
- Not being able to sleep, even when your baby is sleeping.
- Not wanting to get out of bed.
- Avoiding family and friends.

If you experience any of these symptoms, please tell someone (family, friends, health care provider) right away. You are not alone, and help is available.



## Congratulations! Your Baby Is Here...

How do you feel?



## Helpful Organizations and Websites

- <http://www.postpartum.net/>
- <http://www.depressionafterdelivery.com>
- <http://www.postpartumstress.com>
- <http://4woman.gov>

My nearest Emergency Room is:

---

My health care provider's number is:

---

My emergency number is: **911**

Information adapted from the Houston Mental Health Association brochure "Your Emotions After Delivery."



**ROCKY MOUNTAIN  
HEALTH PLANS®**

We understand Colorado. We understand you.



**ROCKY MOUNTAIN  
HEALTH PLANS®**

We understand Colorado. We understand you.

## How do I feel?

Having a baby can be one of the biggest and happiest events in your life. Living with a new baby can be thrilling and rewarding, but it can also be hard and stressful at times. After the birth of your baby, you may experience a range of emotions, including joy, excitement, worry, nervousness, and self-doubt. You may ask yourself, “Will I be a good mother?” These are all normal feelings.

Sometimes you may experience more surprising thoughts and feelings, such as extreme anxiety, fear, sadness, or feelings that your thoughts are unusual or odd. You should know that these, too, are fairly normal, but that some feelings and thoughts may be a signal that you need to take some steps to make sure you and your baby stay safe and healthy.

### Baby Blues

Up to 80 percent of all new mothers may experience what is commonly called the Baby Blues. The feelings usually come and go in the first few days after childbirth and may last as long as two weeks.

Symptoms may be similar to those you may experience before your monthly cycle, such as sudden mood swings, tearfulness, irritability, and being overly sensitive. These symptoms do not always require treatment and will often resolve on their own.

### Postpartum Depression

Postpartum depression (PPD) is fairly common in women after delivery. You may have feelings similar to the Baby Blues — sadness, despair, anxiety, mood swings, difficulty sleeping even when the baby is asleep — but you may feel them much more strongly.

PPD may keep you from doing the things you need to do every day, such as taking care of yourself and/or your baby. PPD often goes unnoticed by health care providers, so if you begin to become aware that your ability to function normally is affected, you should take it as a sure sign that you need to see your health care provider right away. PPD is a medical illness that can and must be treated.

### Postpartum Psychosis

A few new mothers experience postpartum psychosis. Your thinking may become confused, and you may hear voices, experience hallucinations, or have thoughts telling you to harm yourself or your baby. You may become withdrawn or very agitated.

This is a medical emergency situation. If you suspect you have postpartum psychosis, seek immediate help. Mothers with these extreme feelings or strange experiences **MUST** tell a health care professional or go to the nearest emergency room.



### Postpartum Obsessive-Compulsive Disorder/Anxiety

Obsessive-compulsive behaviors include recurrent, unwanted thoughts and repetitive or ritualized behaviors. For example, you may fear giving germs to your baby, so you wash the baby over and over.

You may experience ongoing thoughts of harming your baby, so instead you neglect the baby. You may spend a lot of time trying to stop these thoughts and be afraid of being left alone with your baby. As with postpartum psychosis, mothers who experience these feelings **MUST** tell a health care professional or go to the nearest emergency room.