

**McLaren Print System Order**

**Order No:** 80631  
**Order Date:** 2023-10-18  
**User:** ASHLEY ERICKSON  
**Phone:** 5179751402

**Ship Location:** Okemos Women's Health  
2104 Jolly Rd. Ste 220  
Okemos, MI 48864

**Brochures**  
**Quantity:** 152  
**Paragon Dept No:** 51031  
**Dept Name:** Okemos Women's Health  
**Company Number:** 160

**Order Total Price:** 43.47

**Item Number:** BIRTH-003  
**Item Description:** Postpartum Depression Brochure  
**Revision Date:** 5/2022  
**Print:**  
**Paper:**  
**Size:**  
**Fold:**  
**Finish:**  
**Drill:**  
**Poster:**  
**Misc Info:** 8.5 x 11, DS, Tri-Fold Brochure

## How Is It treated?

The best treatment for postpartum depression is:

- Support from your family and friends
- Individual or group therapy
- Medicine that can be used while breastfeeding (prescribed by your doctor)

## What can I do?

Being a good mom means taking care of yourself and your baby. You can take better care of yourself and your baby if you:

- Are honest about how much you can do, and ask other people to help you when you need it
- Find someone to talk to about your feelings
- Talk with your doctor
- Find time to do something for yourself, even if it is only 15 minutes a day
- Get enough rest; sleep when the baby sleeps
- Eat a healthy diet
- Stay active
- Keep a diary of your emotions and feelings

## What else should I know?

It is very common for new moms to have the "baby blues." Approximately 80% of new mothers will experience the baby blues within a couple days of giving birth. These feelings usually come and go within the first two weeks after birth and go away without treatment. Typically, feeling sad, tearful, irritable and anxious will not keep you from caring for your baby.

If these symptoms persist longer than 2-3 weeks, you may have postpartum depression. Postpartum depression affects 1 in 8 women.

You have experienced many changes since the arrival of your child – physical, emotional and lifestyle. Experiencing postpartum depression is not your fault and does not mean you are not a good mother. If you are depressed, you need to get help. It will not get better on its own.

Spec Info:

## Who do I call for help?

Call your obstetrician or primary care physician

My doctor: \_\_\_\_\_

My doctor's phone number: \_\_\_\_\_

If you feel you are a danger to yourself or your infant, go to the nearest emergency room immediately.

Outpatient assistance resources include:

Shades of Motherhood  
Willow Tree Family Center  
[www.willowtreefamily.com](http://www.willowtreefamily.com)

Capital Area Perinatal Wellness Coalition  
(517) 712-7687

Postpartum Support International  
[www.postpartum.net](http://www.postpartum.net)

### References:

Postpartum Depression (n.d.), Office of Women's Health. Retrieved February 18, 2021, from <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>  
Edinburgh Depression Scale taken from the British Journal of Psychology June 1987, Vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky.



GREATER LANSING

2900 Collins Road  
Lansing, MI 48910  
Phone: (517) 975-7300  
Fax: (517) 975-7334

[mclaren.org/lansing](http://mclaren.org/lansing)

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