HOW does my depression affect my baby?

Depressed moms may eat poorly, drink, smoke, or not follow medical instructions, which can then cause premature birth, low birth weight, and developmental problems.

Babies born to depressed moms:

- are less active and engaged
- show less attention and focus
- fuss and cry more
- may have delays in language development
- have trouble bonding

WHAT are possible triggers of depression during pregnancy?

- Relationship problems
- Family or personal history of depression
- Previous pregnancy loss
- Stressful life events
- Young age
- Complications in pregnancy
- History of abuse or trauma

Postpartum Support International
WARM LINE
1-800-944-4PPD(4773)
www.postpartum.net

HANDS may be able to connect qualifying mothers to free, in-home therapy to treat depression.

For more information, ask your HANDS home visitor or contact your local health department.

Cabinet for Health and Family Services
275 East Main Street, HS2W-C
Frankfort, KY 40621
(502) 564-3756, ext. 2
www.chfs.ky.gov/dph/mch/ecd/hands

KIDS NOW
Kentucky Invests in Developing Success

Kentucky UNBRIDLED SPIRIT

Funded by: Maternal, Infant, and Early Childhood Home Visiting (MIECHV) grant funds

Reaching Out To Mothers With Depression

Kentucky's
HANDS
Every parent needs a second pair of **HANDS**

ASK YOURSELF...

- Are you feeling sad or depressed?
- Are you feeling irritable or angry with those around you?
- Are you having trouble bonding with your baby?
- Are you feeling anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?
- Do you feel like you're "out of control" or "going crazy"?
- Do you feel like you never should have become a mother?
- Are you worried that you might hurt your baby or yourself?

Answering yes to one or many of these questions may be a sign that you are experiencing postpartum depression.

YOU ARE NOT ALONE.

15-20% of new mothers experience postpartum depression, but it is treatable.

WHEN does postpartum depression occur?

"Postpartum" refers to the time after the baby is born, but depression can begin during pregnancy or any time until the baby is one year old.

HOW is postpartum depression different from "baby blues"?

"Baby blues" is the term that describes the certain amount of overwhelming emotions, anxiety, tears, insomnia, and mood swings that often follow the birth of a baby. It typically peaks four days after giving birth and doesn't last more than two weeks. Postpartum depression may last longer than two weeks and the effects of the depression often impact day-to-day functioning.

HOW is it treated?

Depression is best treated with counseling, medications, or a combination of the two. The following are also extremely important in a woman's recovery:

- **Adequate sleep:** at least five hours of uninterrupted sleep per night
- **Nutrition:** at least three meals a day, adequate protein, and continued use of prenatal vitamins
- **Relief of duties:** help with childcare and housework until sleep improves and energy returns
- **Reassurance:** reminders that you are a good mother and you will get better

ARE medications safe during pregnancy and breastfeeding?

Some medications may be used during pregnancy and breastfeeding. Talk with your health care provider about the most effective treatment plan for you.

If you have questions or concerns about feelings you are having, contact a professional in your area.

LOCAL MENTAL HEALTH RESOURCES

Adanta (HOTLINE: 1-800-633-5599): Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Wayne

Bluegrass (HOTLINE: 1-800-928-8000): Anderson, Bourbon, Boyle, Clark, Estill, Frankfort, Fayette, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford

Comprehend (HOTLINE: 1-877-852-1523 or 606-564-4016 Call Collect): Bracken, Fleming, Lewis, Mason, Robertson

Communicare (HOTLINE:1-800-641-4673, First appointment: 1-888-344-8066): Breckinridge, Grayson, Hardin, LaRue, Marion, Meade, Nelson, Washington

Cumberland River (HOTLINE: 1-888-435-7761 or 606-528-7010 Collect): Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

Four Rivers (HOTLINE: 1-800-592-3980, Appointments: 270-251-2928): Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, McCracken

Kentucky River (HOTLINE: 1-800-262-7491): Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe

Lifeskills (HOTLINE: 1-800-223-8913): Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalf, Monroe, Simpson, Warren

Mountain (HOTLINE: 1-800-422-1060): Floyd, Johnson, Magoffin, Martin, Pike

North Key (HOTLINE: 1-877-331-3292): Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

Pathways (HOTLINE: 1-800-562-8909): Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, Rowan

Pennyroyal (HOTLINE: 1-877-473-7766): Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenburg, Todd, Trigg

River Valley (HOTLINE: 1-800-433-7291): Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster

Seven Counties (HOTLINE: 1-800-221-0446): Bullitt, Henry, Jefferson, Oldham, Trimble, Shelby, Spencer

All the agencies listed above accept most insurances including Medicaid and also offer services on a sliding scale based on income for those without insurance.