



As many as 80% of mothers experience some form of postpartum depression.

As many as 20% experience life-debilitating long-term depression.

A few experience psychosis, which can lead to harmful behaviors to self or baby as an escape from postpartum depression.



## POSTPARTUM

**It's Always  
Treatable**

### FOR HELP CONTACT

#### PINELLAS COUNTY

DIAL 211  
FOR 24 HOUR HELP LINE OR  
(727) 210-4211 for a direct line  
Family Emergency Treatment Center  
(727) 545-6477

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Directions for Mental Health  
(727) 524-4464 ext. 1403

#### STATEWIDE IN FLORIDA

Family sources of Florida  
1-800-FLA LOVE (352-5683)

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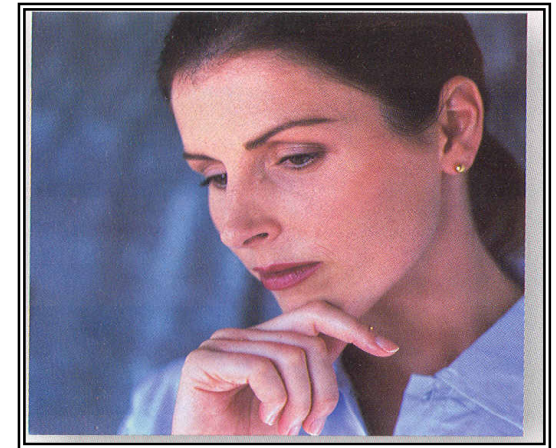
#### WEBSITES

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

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Depression after delivery  
[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)

Baby Blues  
Can  
Hurt You



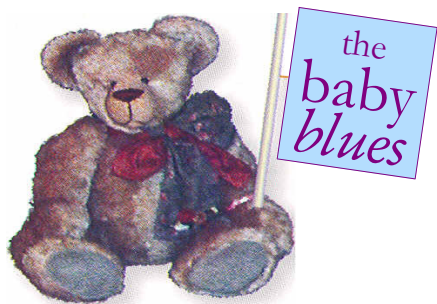
*Help for Moms  
and their families*

POSTPARTUM  
MOOD DISORDERS

## POSTPARTUM MOOD DISORDERS

Every year in Florida, postpartum mood disorder impacts more than 200,000 moms. As many as 80% of mothers experience some form of it. Postpartum depression can affect women during pregnancy, after delivery, or even months later. It can also follow a miscarriage, or termination of pregnancy. Often this disorder is passed off as the "baby blues" (which occurs within the first week after delivery) and families find a way to muddle through the less severe cases. If the condition lasts longer than two weeks, the mother may have a more severe postpartum mood disorder which is entirely treatable.

Severe postpartum mood disorders can occur suddenly, usually within the first three weeks after birth. Symptoms are very exaggerated, and require immediate medical attention. For your sake, and the sake of your family, please contact any of the resources listed in this brochure for immediate help.

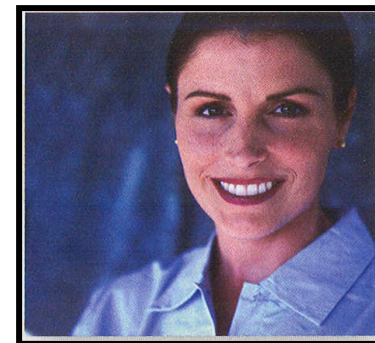


## WARNING SIGNS

- Sadness/Crying Often
- Having a sense of Loss/emptiness
- Feeling Listless or hyperactive
- Withdrawing from friends and family
- Extreme mood swings
- Feeling like a bad mother
- Wanting to run away
- Feeling Impatient or Irritable
- Appetite or sleep disturbances
- Resentfulness
- Having bizarre and troubling thoughts
- Feeling inadequate
- Confusion, having trouble concentrating
- Fear of harming self or baby
- Feelings that baby or family would be better off without you

Dads and other family members:  
***Be Alert***

Protect your family and make the call because she can't.



It's  
**Not**  
Your Fault  
\*  
You're  
**Not**  
Alone  
\*  
It's Always  
**Treatable**

*Sponsoring Organization:*

**HEALTHY START COALITION  
OF PINELLAS, INC.**

2600 E. Bay Drive, Suite D.  
Largo, FL 33771  
www.healthystartpinellas.org  
(727) 507-6330



*Coalition of Pinellas, Inc.*