



# BABY STEPS

## It's not just the baby blues

Maybe it's just the "baby blues." Some women get these feelings for a few weeks after the baby is born.

Sometimes it's not just the "baby blues." It is something more serious, known as postpartum depression (also called PPD).

### Are you:

- Feeling tired all the time?
- Having trouble sleeping, even though you are exhausted?
- Crying for no known reason?
- Thinking you are not good enough?
- Forgetting things?
- Feeling like everything is going wrong and there is nothing you can do to stop it?
- Losing interest in eating, or in sex?

These are some signs of PPD. If this sounds like you, get help right away. There is no need to suffer. Ask your doctor for advice. Some women find it helpful to go to therapy to talk about their problems. Others take medicines called antidepressants. Your doctor will help you decide the right treatment for you.

Don't wait – get treated so you can start to feel better and enjoy your baby.

*If you ever feel like you might hurt your baby or yourself, GET HELP right away!*

### Take care of yourself

- Talk to someone you trust. It's worse to keep it all inside.
- Try to get a break from your baby, even if it's just for an hour. Take a walk. Even a bath can help.

### Useful Resources

For help if you are a parent: Call Family Paths Parent Support Hot Line at **1-800-829-3777**.

If you feel like you may hurt yourself or others:

Call the Crisis Support Hotline at **1-800-309-2131**.



It doesn't make sense.  
 You have this darling little  
 baby in your arms. Your  
 baby looks just like you, and  
 even smiles. Everyone else is  
 going crazy over your baby.  
 Why aren't you happy?

ALAMEDA  
**Alliance**  
 FOR HEALTH

Health care you can count on.  
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