Many health care providers and support groups can help you overcome your sad feelings and fears. There is no need to struggle alone. Here are some people who can help:

- Obstetricians
- Family Practice Physicians
- Midwives
- Prenatal Educators
- Community Health Professionals
- Mental Health Professionals
- OB Case Manager
- Inpatient Social Work Services
- Pediatricians

Use the test below as a self-assessment tool. Answer the response, which is closest to how you have felt the past 7 days. Add up the numbers to your responses to obtain your score. A score of 10 or greater may be indicative of possible depression and you should contact a health care provider for assistance.

Have you been able to laugh and see the funny side of things?
0 As much as you always had
1 Not quite as much now
2 Definitely not as much now
3 Not at all

Have you looked forward with enjoyment to things?
0 As much as you ever have
1 Rather less than you used to
2 Definitely less than you used to
3 Hardly at all

Have you blamed yourself unnecessarily when things went wrong?
0 No, never
1 Not very often
2 Yes, sometimes
3 Yes, most of the time

Have you been anxious or worried for no good reason?
0 No, not at all
1 Hardly ever
2 Yes, sometimes
3 Yes, very often

Have things been getting hard to cope with?
0 No, you have been coping as well as ever
1 No, most of the time you have coped quite well
2 Yes, sometimes, you haven’t been coping as well as usual
3 Yes, most of the time you haven’t been able to cope well

Have you been so unhappy that you have had difficulty sleeping?
0 No, not at all
1 Not very often
2 Yes, sometimes
3 Yes, most of the time

Have you felt sad or miserable?
0 No, not at all
1 Not very often
2 Yes, sometimes
3 Yes, most of the time

Have you been so unhappy that you cry?
0 No, never
1 Only occasionally
2 Yes, quite often
3 Yes, most of the time

Has the thought of harming yourself occurred to you?
0 Never
1 Hardly ever
2 Sometimes
3 Yes, quite often

For mental health emergencies that occur after hours, on weekends, & holidays for active-duty and dependents, please go to: Carl R. Darnall Army Medical Center’s Emergency Room, 288-8113.
Giving birth is one of the most emotionally rewarding experiences in a woman’s life. However, with the birth of a baby comes changes that can be overwhelming. It is quite common for a new mother to feel a bit of a let down after her baby’s birth. The baby has been such a physical and emotional part of the mother’s body for nine months and now suddenly the baby is a separate being. These feelings are absolutely normal and nothing to be ashamed of!

As the mother’s hormones begin to settle down and return to normal, the blues often go away on their own after only a couple of weeks. If you feel that the symptoms are not improving and you are concerned about it, there is no reason why you have to wait for the whole 6-8 weeks until your follow up appointment to call your health care provider.

Postpartum Blues
Postpartum blues is a very common emotional reaction and is often referred to as the “Baby Blues.” Baby Blues are so common that if you don’t get them, you’re lucky. The onset of this reaction is usually 3-14 days postpartum. Just remember that these feelings are normal, and usually don’t last for more than a few days or weeks.

Symptoms Include
- Tearfulness/Moodiness
- Depression
- Headaches
- Restlessness/Insomnia
- Irritability
- Confusion
- Forgetfulness
- Resentment

Getting plenty of rest, eating well, and the support of family and friends, may all help alleviate postpartum blues.

Postpartum Depression
Although the symptoms of postpartum depression are very much like those of the “baby blues,” this kind of depression is more serious. Approximately 10% of new moms will develop post-partum depression either immediately after birth or within the first year after delivery. This can be a serious medical problem and usually requires treatment by your provider. The duration of post partum depression is 2 weeks or more. If you experience the symptoms below, be sure to check with your provider about treatment. With medication, you should feel better in a few weeks. Family support is also essential since you’ll need plenty of rest and help in caring for your home and family.

Symptoms Include
- Loss of self-esteem
- Inability to care for self, family, or baby
- Negative feelings towards your baby
- Tearfulness
- Despondency
- Feelings of inadequacy
- Numbness
- Suicidal
- Sadness or guilt
- Reduced appetite
- Insomnia
- Feeling of helplessness and hopelessness
- Anxiety and despair
- Fears about baby or your own health

“Up to 70% of all new mothers experience the baby blues to some degree.”