

## Mother's Day 2017



### Shine a Light on Postpartum Depression

A resource from the NC Council of Churches' Partners in Health and Wholeness Program

***Are you or someone you love experiencing PPD?***



#### Common symptoms include

- Feeling sad · Feeling Overwhelmed · Withdrawing from people
- Trouble concentrating · Trouble sleeping and/or lack of energy
- Feeling emotionally numb · Anxiety, ruminations or obsessions\*
- Not interested in things you used to enjoy · Crying a lot
- Not interested in your baby · Fear of hurting your baby or yourself\*
- Feeling worthless or guilty · Scary or intrusive thoughts\*

*\* For example, fearing going near sharp objects because you fear you will hurt your baby or being afraid your baby will drown when you are near a body of water.*

One in seven mothers experience postpartum depression, but only 15% of them receive professional support. Symptoms can arise any time during your baby's first year, and often occur when the baby weans. If you are experiencing any of these symptoms, especially if they are severe or last more than two weeks, it is important to seek help. And remember:

- You are not alone. This is not your fault.
- These feelings are nothing to be ashamed of.
- It is okay to talk about. If you feel this way, tell someone!
- Take a screening test. You can self-evaluate your mood.
- Talk to your doctor for diagnosis and treatment.
- Your faith community is here for you.

For access to screening tests, support groups, and more information, please visit [healthandwholeness.org/resource-category/ppd/](http://healthandwholeness.org/resource-category/ppd/)

*Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me. You are indeed my rock and my fortress; for your name's sake lead me and guide me, take me out of the net that is hidden for me, for you are my refuge. Psalm 31:2-4*

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