



# Baby Blues and Postpartum Depression

While it is hoped the transition to mothering will be smooth, many new moms experience a sometimes dramatic shift in their emotional well-being. Postpartum adjustment can include wide mood swings, depression, anxiety, and in its most extreme form, loss of touch with reality. The most common problems are the baby blues and postpartum depression.

## Baby Blues

- Experienced by 70% to 80% of all new mothers
- Onset is usually within 2 to 3 days following delivery and lasts 7 to 10 days
- Symptoms may include:

Sadness	Crying spells
Fatigue/exhaustion	Anxiety
Mood swings	Irritability
Confusion	Feeling overwhelmed
Difficulty coping	Inability to sleep, even when baby sleeps
Increased sensitivity	Loneliness

## Postpartum Depression (PPD)

If the baby blues persist for more than 2 weeks or if the symptoms intensify, the condition is considered to be postpartum depression.

- Experienced by 10% to 20% of all new mothers
- The highest incidence of PPD occurs 4 to 8 weeks postpartum but may start anytime within the first year after birth.
- Though most women will recover within 6 to 12 months without treatment, the condition may become chronic and interfere with mother-baby attachment
- Symptoms may include all of the problems associated with the baby blues with the addition of:

Appetite changes	Difficulty concentrating or remembering things
Indecisiveness	Feelings of worthlessness or guilt
Anger, agitation	Obsessive thoughts or fears
Loss of control	Lack of interest in usual activities
Wanting to run away	Loss of the ability to experience pleasure
Feeling disconnected	Lack of concern with personal appearance
Disturbing thoughts	Fears or thoughts of hurting yourself or your baby

## Postpartum Psychosis

This is the most extreme form of postpartum adjustment reaction and occurs very rarely.

- Experienced by 1 or 2 mothers per 1,000 births
- Onset can be immediate following delivery or occur within the first several months
- Treatment must be sought immediately as a woman's condition may deteriorate rapidly
- Symptoms may or may not include those of postpartum depression along with any or all of the following:

Extreme agitation	Extreme irritability
Irrationality	Inability to care for self or baby
Sleeplessness	Delusions and/or hallucinations
Impulsiveness	Suicidal thought or plans
Thoughts of hurting your baby	

If you are not feeling like yourself following the birth of your baby and wonder if you may be suffering from a postpartum reaction, call for a telephone consultation or an appointment for a complete evaluation. Paula Tanis is state licensed and nationally certified in counseling and has a background in maternal-child health nursing.



## **Postpartum Depression Counseling**

### **Women's Health Innovations of Arizona -**

#### **Maternal Mental Health Issues**

1355 S Higley Rd, #113, Gilbert, AZ 85296

**(480)339-7119**

[www.whiarizona.org](http://www.whiarizona.org)

#### **Eastwind Integrative Psychotherapy**

Paula Tanis, BSN, MC, LPC

3200 N Dobson Rd, Building C, Chandler, AZ 85224

**(480)777-9446 - text appt requests**

[www.paulataniscounseling.com](http://www.paulataniscounseling.com)

#### **Rising Sun Psychiatry LLC**

Hannah Covert, MSN, CNM, PMHNP-BC

2150 S Country Club Dr, #34, Mesa, AZ 85210

**(480)244-5243** Email: [risingsunpsychiatry@gmail.com](mailto:risingsunpsychiatry@gmail.com)

[www.azcounselingcollective.com](http://www.azcounselingcollective.com)

#### **Michelle Lacy MA, LPC**

**(480)220-0582**

Email: [momssupport@cox.net](mailto:momssupport@cox.net)

#### **Banner University Women's Institute**

Candice Wood, MD

1441 N. 12th St, Floor 3, Phoenix, AZ 85006

**(602)521-5700**

## **Pregnancy and Postpartum Adjustment Support Group (Free)**

Chandler Regional Medical Center - Wednesdays 1:00pm - 2:30pm

1875 W Frye Rd, in the Morrison Building, Chandler, AZ 85224 - **(480) 728-5617**

## **Postpartum Depression Resources**

**Maricopa Suicide and Crisis Hotline:** (602)222-9444

The Maricopa crisis line will come to you.

**Postpartum Support International Arizona Warmline:** (888)434-MOMS(6667) or [www.psiarizona.org](http://www.psiarizona.org)

**Postpartum Suicide Prevention Hotline:** 1(800)PPD-MOMS(773-6667)

**The Postpartum Stress Center:** [www.postpartumstress.com](http://www.postpartumstress.com)

**National Suicide Prevention Lifeline:** 1(800)273-TALK (8255)

**Crisis Line:** (480)784-7500 or 1(866)205-5229

#### **Websites:**

[www.azpostpartum.org](http://www.azpostpartum.org) [www.postpartumcouples.com](http://www.postpartumcouples.com) [www.postpartum.net](http://www.postpartum.net) [www.postpartumdads.com](http://www.postpartumdads.com)

### **Maternal Mental Health &**

#### **Pregnancy/Postpartum Therapy**

9590 E Ironwood Square Dr, #210, Scottsdale, AZ 85258

**(480)473-5411**

[www.sandrarodriguezphd.com](http://www.sandrarodriguezphd.com)

#### **Redemption Psychiatry**

Ann Marie Casey, PMHNP

2730 S Val Vista Dr, #146 Bldg 8 S, Gilbert, AZ 85295

**(480)471-8560**

#### **Kathy Forsyth, M.S. L.P.C., N.C.C., LPC**

1237 S Val Vista Dr, #119, Mesa, AZ 85204

**(480)776-3384**

Email: [Kforsyth4806@msn.com](mailto:Kforsyth4806@msn.com)

#### **Brightside Health** (Online)

[www.brightside.com](http://www.brightside.com)