

# What is postpartum depression?

Postpartum depression is an illness, like diabetes or heart disease. According to the National Institutes of Health, it affects 10-15 percent of women. Many get depressed right after childbirth, but some women don't feel "down" until later. Depression that occurs within six months of childbirth may be postpartum depression. The period of time that this depression lasts can vary. Some women feel better within a few weeks, but others don't feel like themselves for many months.

## Delivering Excellence in Maternity Care

We believe that a baby's birth is an event to be cherished for a lifetime. That's why we pledge to provide a safe and nurturing birth experience in an environment that meets the needs of the entire family. From our award winning Mother-Baby Assessment Center to our classes and support groups, we offer the expertise and individualized support to create a meaningful and positive childbirth experience.

### Our services include:

- Online childbirth classes and maternity tours
- Online registration for maternity patients
- Antepartum Unit for high-risk pregnancies
- The Center for Maternal-Fetal Health for the high-risk patient
- Mother-Baby Assessment Center providing a "pathway through pregnancy" as well as follow-up care
- Workshops and classes for the entire family
- Stork Stop Boutique, offering gift items and supplies
- Baby-Friendly designation
- Bridges for Newborns - linking families to assistance programs
- Labor, delivery, recovery suites
- The Golden Hour - a private time for families to bond
- Laborist Program with board-certified obstetricians onsite for holidays, weekends and weeknights
- Private rooms that accommodate overnight stays for your support person
- Mother-Baby Unit couplet care where nurses care for both mother and baby
- Partnership with CHOC Children's for the highest level of neonatal care
- Perinatal Comfort Care program for babies with life threatening conditions
- Postpartum Depression Program
- Perinatal Loss/Bereavement Support Groups
- Electronic Health Records

#### The St. Joseph Hospital

#### Caring for Women with Maternal Depression Program

1100 W. Stewart Drive, Orange, CA 92868-3849

714-771-8101

[www.sjo.org/maternity](http://www.sjo.org/maternity)



Baby-Friendly USA

# Postpartum Depression

What Every New Mom Should Know



St. Joseph Health   
St. Joseph Hospital

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## Symptoms of postpartum depression

- Loss of interest or pleasure in life
- Loss of appetite
- Less energy and motivation to do things
- Difficulty falling asleep or staying asleep
- Increased crying or tearfulness
- Feeling worthless, hopeless or overly guilty
- Feeling restless, irritable or anxious
- Feeling like life isn't worth living
- Feelings of not being a good mother
- Feelings of disinterest or being overprotective toward the baby
- Having thoughts of hurting yourself or your baby

## Who gets postpartum depression?

Postpartum depression is more likely if you have any of the following:

- Previous postpartum depression
- Depression not related to pregnancy
- Severe premenstrual syndrome (PMS)
- A difficult marriage
- Few family members or friends for support
- Stressful life events during the pregnancy or after childbirth

## How common are the “baby blues?”

According to the National Institutes of Health, 50-80 percent of women suffer from the “baby blues” after childbirth. They may feel a little depressed, have a hard time concentrating, lose their appetite or find that they can't sleep well even when the baby is asleep. These symptoms usually go away within 10 days after delivery. This condition is considered a normal part of early motherhood.

## Why do women get postpartum depression?

The exact cause isn't known. Hormone levels change during pregnancy and right after childbirth. These hormone changes may produce chemical changes in the brain that play a part in causing depression.

Feeling depressed doesn't mean that you are a bad person, or that you did something wrong or brought this upon yourself. It is important to remember that help is available and that you can get better.

## What treatments are available?

Postpartum depression can be treated with counseling, support groups and medication. St. Joseph Hospital's Caring for Women with Maternal Depression Program is run by a team of psychiatrists, licensed clinical social workers and marriage family therapists who provide comprehensive help and support to women who suffer from postpartum depression.

## Getting help at St. Joseph Hospital

The Caring for Women with Maternal Depression Program is part of the comprehensive services and support that St. Joseph Hospital provides to their patients and the larger community. In fact, 100 percent of mothers who deliver at St. Joseph Hospital are screened for postpartum depression through the Bridges for Newborns Program. Also, we work in collaboration with a program called Maternal Outreach Management System (MOMS) to provide services for our Spanish-speaking patients.

The program's clinicians educate other medical professionals about symptoms of postpartum depression, as well as treatment for women who suffer from this condition.

If you have questions or concerns about postpartum depression, talk to your doctor or contact the St. Joseph Hospital Caring for Women with Maternal Depression Program at **714-771-8101**.