

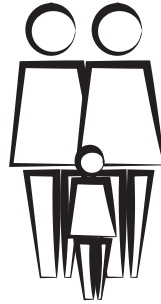
Are you a new parent?

Worried that something is wrong with your mood?

Postpartum mood disorders don't discriminate.

They affect birth parents, partners, adoptive parents and surrogates.

Sometimes it can be hard to tell if what you are feeling is normal or if it is a sign that you need some help. If you are not sure, ask for help. A professional can help you create a support plan, regardless of a diagnosis.



10-15%

of new parents will live with a postpartum mood disorder. They are common, treatable, and, yes, even awesome parents get them.



Signs of Exhaustion

- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

→ Improves as you get longer stretches of sleep



Signs of Baby Blues

- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

→ Improves within 2 weeks



Signs of PPMD

- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

→ Improves with professional support

- Hopelessness
- Inertia/apathy
- Lack of joy
- Racing thoughts or panic attacks
- Extreme crying
- Don't want to be alone with baby
- Visions or extreme fear of harm coming to baby
- Obsessive thoughts or actions

Postpartum depression and anxiety are the most common, but you can also struggle with postpartum OCD, PTSD, panic disorder, mania or psychosis

Need someone to talk to? Olivia Scobie
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OLIVIA SCOBIE



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