

More



It's more than just being a little tired at the end of a busy day...



than just

It's more than just a mom's normal worry about her baby...

It's more than just the "baby blues"

the
"blues"



If you or someone you love is experiencing Perinatal or Postpartum Depression, get them the help they need.

www.dhss.mo.gov/perinatal-depression/

Signs and Symptoms of Perinatal and Postpartum Depression

- ✓ Constant fatigue
- ✓ Lack of joy in life
- ✓ A sense of emotional numbness or feeling trapped
- ✓ Withdrawal from family and friends
- ✓ Lack of concern for yourself or your baby
- ✓ Severe insomnia
- ✓ Excessive concern for your baby
- ✓ Loss of sexual interest or responsiveness
- ✓ A strong sense of failure or inadequacy
- ✓ Severe mood swings
- ✓ High expectations and an overly demanding attitude
- ✓ Difficulty making sense of things



Get help right away if you ever have thoughts of harming yourself or your baby!

Call your health care provider or doctor. If it is an emergency, call 911 or your local emergency number.

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