

Early detection is most effective.

What are the signs of postpartum depression and anxiety?

Many women report feeling as if their emotions are on a roller coaster. Moods and symptoms can change frequently for no apparent reason. Some days are good and some are bad. Many women put off getting treatment because they think that the days they feel good are an indication that the situation is "not that bad." In fact, this is just a normal progression of the illness.

Symptoms can include:

- Feeling on an emotional roller coaster
- Not being able to sleep when baby sleeps
- Feeling disconnected from your baby, partner or family
- Inability to deal with stress as effectively as usual
- Feeling guilty for not feeling "like a new mother should"
- Repetitive concerns about something bad happening

Symptoms can begin during pregnancy or up to one year after giving birth. They can develop slowly or rapidly.

There is strength in seeking help.

Can postpartum depression and anxiety begin during pregnancy?

Although we may think of postpartum depression and anxiety as only happening after childbirth, just as many women become depressed during pregnancy. Most women assume that it will pass after the baby is born — often the opposite is true. By recognizing the symptoms and getting help during your pregnancy, you may be able to avoid depression and anxiety after childbirth.

Common indicators that you may be at risk:

- Type "A" personality
- A personal or family history of depression, anxiety or mood disorders
- High levels of stress during pregnancy, birth or postpartum
- Previous infertility issues
- Lack of support from family or spouse
- Difficult pregnancy and/or birth
- A baby who is difficult to soothe
- Low tolerance for disorganization or lack of control

Recognizing symptoms early allows you to seek help and feel better more quickly.

Therapy can help you feel better.

What are the benefits of therapy?

Jacki Silber a qualified therapist who specializes in pregnancy and postpartum anxiety and depression. Treatment is often short-term and highly effective. Jacki may work with your doctor to get you the help you need.

Contrary to popular belief, medication is often not necessary. With treatment, you can make practical changes to help yourself feel better more quickly.

Jacki can help you to:

- Learn the truth about perinatal mood disorders
- Work out solutions with a knowledgeable person who truly understands
- Start fully enjoying life instead of being focused on anxieties and worries
- Reconnect with your baby, spouse and family
- Feel confident about yourself and your choices as a mother

Remember: Taking care of yourself is taking care of your baby!