


POSTPARTUM TOOLKIT

For New Parents And Their
Support Networks



- *An average of one in seven women can develop postpartum depression.*



If I could share my experience with other new moms I would say.....
so many things only because my first post-partum experience was so lonely and scary.

I wish I would have given myself more grace, I wish I would have gone into with absolutely no expectations for myself, my husband and my baby. In my head I had painted such a “perfect” picture. When nothing went as planned I felt like I failed.
Above all else give yourself grace.

I wish I would have done more research on breastfeeding. It’s not easy and did not come naturally. In my experience it was painful, lonely at night, overstimulating. That said my second experience was much different! Gracefully remind yourself now is not forever.

Brooke Hill

(proud momma of two beautiful girls)



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What if the “happiest time of your life” doesn’t feel so happy?



It seems like everywhere you look, you see happy moms. But the truth is, pregnancy and childbirth can bring a mix of emotions, including feeling sad and feeling overwhelmed. Many women may experience these emotions, which may be signs of depression and anxiety, before and after birth.

Contact a health care provider if you experience:



Intense anger, worry, or unhappiness



Extreme mood swings



Difficulty caring for yourself or your baby



Less interest in things you used to enjoy



Changes in your eating or sleeping habits

Reach out if you don't feel right.

To learn more, visit nichd.nih.gov/MaternalMentalHealth.
To find a mental health provider in your area, call 1-800-662-HELP (4357).



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You're prepared for ALMOST anything...



Hundreds of dirty diapers



Dozens of loads of laundry



Middle-of-the-night feedings

But are you prepared for the possibility of depression and anxiety?

If you're like many pregnant women, nothing could be further from your mind. But depression and anxiety can happen before or after birth. Learn these signs.



Intense anger, worry, or unhappiness



Extreme mood swings



Difficulty caring for yourself or your baby



Less interest in things you used to enjoy



Changes in your eating or sleeping habits

Reach Out. Get Help. You Matter.

To learn more, visit nichd.nih.gov/MaternalMentalHealth.
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TIPS FOR SUPPORTERS

LET HER KNOW THAT SHE'S NOT ALONE AND YOU ARE HERE TO HELP.

- “Can I watch the baby while you get some rest or go see your friends?”
- “How can I help? I can take on more around the house like making meals, cleaning, or going grocery shopping.”
- “I am here for you no matter what. Let's schedule some alone time together, just you and me.”

ASK HER TO LET YOU HELP HER REACH OUT FOR ASSISTANCE.

- “Let's go online and see what kind of information we can find out about this.”
- Visit [nichd.nih.gov/MaternalMentalHealth](https://www.nichd.nih.gov/MaternalMentalHealth) to learn more.
- “Would you like me to make an appointment so you can talk with someone?” Call her health care provider or the Substance Abuse and Mental Health Services Administration's National Helpline at **1-800-662-HELP (4357)** for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.
- “I'm very concerned about you.” Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** for free and confidential emotional support—they talk about more than suicide.

DEPRESSION AND ANXIETY HAPPEN. GETTING HELP MATTERS.

You may be the first to see signs of depression and anxiety in your loved one while she is pregnant and after she has had the baby. Learn to recognize the signs and, if you do see them, urge her to talk with her health care provider.

DOES SHE:

- Seem to get extremely anxious, sad, or angry without warning?
- Seem foggy and have trouble completing tasks?
- Show little interest in things she used to enjoy?
- Seem “robotic,” like she is just going through the motions?

DO YOU:

- Notice she has trouble sleeping?
- Notice she checks things and performs tasks repeatedly?
- Get concerned she cannot care for herself or the baby?
- Think she might hurt herself or the baby?

To learn more,
visit **nichd.nih.gov/MaternalMentalHealth**.

To find a mental health provider in your area,
call **1-800-662-HELP (4357)**.



Action Plan for Depression and Anxiety

Having a baby brings a mix of emotions, including feeling sad and feeling overwhelmed and anxiety before and after birth. Be prepared. **Watch for the signs.**

If you...

- Feel like you just aren't yourself
- Have trouble managing your emotions
- Feel overwhelmed but are still able to care for yourself and your baby

You may be pregnant with

These feelings

- Take special care to talk to your doctor about your feelings and get help with anxiety.
- Continue to take care of yourself and your baby. If things get worse, get help.

If you...

- Have feelings of intense anxiety that hit with no warning
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have little interest in things that you used to enjoy
- Feel very anxious around the baby and your other children
- Have scary, upsetting thoughts that don't go away
- Feel guilty and feel like you are failing at motherhood

You may be pregnant with

These feelings

- Get help. Call your doctor or a mental health professional.
- Call Postpartum Support International (PSI) who can provide information and support.
- Talk to your doctor about your feelings and get help.

If you...

- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)
- Feel that you may hurt yourself or your baby

Get help now

- Call 9-1-1 for an emergency.
- Call the National Suicide Prevention Lifeline for emotional support.
- Call the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-662-4357 for help finding a provider and recovery resources.

Depression and Anxiety Happen

To learn more, visit nichd.nih.gov
To find a mental health provider in your area, visit www.samhsa.gov



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and Anxiety Around Pregnancy

ng overwhelmed. Many women experience deeper signs of depression

you be experiencing mood swings that happen to many nt women and new moms.

Feelings typically go away after a couple of weeks.

Special care of yourself. Get your partner to watch the baby, get a babysitter, or team
n another mom to share child care so that you can rest and exercise.

ue to watch for the signs of depression and anxiety in the yellow and red sections below.
s get worse, find someone to talk to. Talk to a health care provider if you feel unsure.

you be experiencing postpartum depression and anxiety.

Feelings will not go away on their own.

lp. Contact your health care provider or visit a clinic.

ostpartum Support International at **1-800-944-4PPD (4773)** to speak to a volunteer
n provide support and resources in your area.

your partner, family, and friends about these feelings so they can help you.

o now!

1-1 for immediate help.

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happen. Getting Help Matters.

[hhs.gov/MaternalMentalHealth](https://www.hhs.gov/MaternalMentalHealth).

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1 in 5 women experience a mood disorder during or after childbirth, according to the American Psychological Association.



Mothers Strong is a group dedicated to bringing vital mental health information to moms and families in the North State area.



Visit Now

REQUEST YOUR FREE KIT NOW



Scan to learn more.

If you want to learn more about parenthood but are not sure where to start, submit a new parent kit request and a Help Me Grow provider will contact you with available resources.

REACH OUT & CONNECT

RELATIONSHIPS ARE IMPORTANT FOR THE HEALTH AND WELL-BEING OF EVERY FAMILY.

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

- *Relationships with other supportive adults can help your brain and body turn down the stress response and build resilience.*
- *And Mental health support can play an important role in protecting children from the effects of toxic stress.*
- *Making time to relax, engage in a fulfilling hobby, or participate in a fun activity can help a lot, too!*



And sometimes we need support from health professionals too.

- *Seeking mental health treatment is about taking action as soon as you notice a problem, so your child or other family member can get the help they need and feel better.*
- *Counseling and other kinds of mental health treatment can be helpful for children who have faced difficulties in life. This kind of support may also help you if you've experienced trauma as a child or adult.*

HERE ARE LOCAL RESOURCES YOU MIGHT TRY:

RIVER CITIES COUNSELING

643 Blackburn Ave., Corning, CA 96021
530.824.4408

CHILDREN FIRST & LASSEN COUNSELING

590 Antelope Blvd. Suite A40, CA 96080
530.529.9454

NORTHERN CALIFORNIA CHILD DEVELOPMENT INCORPORATED

530.529.1500 (ask for community counseling)

FAMILY COUNSELING CENTER

1112 Washington St. Red Bluff, CA 96080
1347 Grant St. Red Bluff, CA 96080
530.527.6702

GREENVILLE RANCHERIA

1425 Montgomery Rd. Red Bluff, CA 96080
530.528.8600

PARISH HEALTH & WELLNESS

22425 Sunbrite Ave. Red Bluff, CA 96080
530.528.2342

Perinatal Mental Health Support Groups

CIRCLE OF HOPE

Red Bluff Community Center 1500 S. Jackson St., Red Bluff Conference Room

Circle of Hope is a safe space to share how you are adjusting to parenting, stressors, Baby Blues, pregnancy depression/anxiety and much more. If you're pregnant or with a child under 12 months, this group is here to help support. Perinatal (pregnancy & postpartum) mood disorders, such as depression and anxiety, affect more than 20% of all women during and after pregnancy. Join us to share, feel safe and experience hope.

Laura Burlison, PMH-C, Marriage and Family Therapist Trainee
Jovita Garcia, Clinical Supervisor, Licensed Marriage and Family Therapist #111004



**Scan the code to sign
up or contact Laura
Burlison at
530-840-1124**



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WONDERING IF A POSTPARTUM SUPPORT GROUP IS FOR YOU OR SOMEONE YOU LOVE?

SUPPORT GROUPS CAN BENEFIT ALL NEW PARENTS; AND ARE ESPECIALLY BENEFICIAL FOR SOME. NEW PARENTS WHO HAVE JOINED SUPPORT GROUPS IN TEHAMA COUNTY SHARE A MULTITUDE OF BENEFITS.

Belonging: A welcoming space to feel you belong

Emotional support: A safe space to share feelings and get emotional validation

Coping skills: Learn practical ways to manage symptoms and stressors

Social connections: Build a network of support with other parents

Education: Learn about postpartum depression and how it affects you

Treatment: Learn about affordable therapy and other resources

Confidence: Build confidence and awareness

Community: Establish a community around parenthood.

If your interested in furthering this discussion, listen to the Champions for NorCal Kids Podcast episode about Postpartum Depression on Spotify.



Listen Now



“As a licensed therapist and a mother, I want other women to know that it is important to monitor your mental health after giving birth. You are going through are so many changes internally and externally, and although that is all normal, it is also so overwhelming. You aren’t alone and help is out there.”

-Morgan Vasquez LMFT

**For more questions on parenting or
local 0-5 resources**

call 211

(Ask for Help Me Grow Tehama)

Brought to you by:

