



Mom, are you feeling blue?

... Is it the “**Baby Blues?**” ... or
Postpartum Depression?

Here are two questions to ask yourself:

1) Since your new baby was born, how often have you felt down, depressed or hopeless?

Always Often Rarely Never

2) Since your new baby was born, how often have you had little interest or little pleasure in doing things?

Always Often Rarely Never

If you answered

ALWAYS or OFTEN

Talk to your doctor about how you are feeling.

1 out of every **4** women in Utah who has a new baby experiences postpartum depression.

WHAT IS POSTPARTUM DEPRESSION?

After having a new baby it is common for women to feel down or sad. This is often called the “Baby Blues.” Most of the time, the baby blues go away soon after the baby is born. If the baby blues don’t go away after 2 or 3 weeks, this is called postpartum depression and may need treatment. There is no reason to feel embarrassed or afraid to talk to your doctor about postpartum depression.