

Postpartum Depression and Anxiety

The Center for Early Relationship Support

When being a mother is not what you expected.

Welcoming a new baby is a time of enormous change, and most new mothers go through days of teariness and worry. However, if these “baby blues” last more than two weeks or interfere with your ability to take care of yourself and/or your baby, you may have Postpartum Depression or Postpartum Anxiety.

Postpartum Depression/Anxiety can occur anytime in the first year of parenthood, and not only to first-time mothers. Adoptive mothers and even fathers/partners can be affected.

What are Symptoms of Postpartum Depression?

You may experience:

- Feelings of extreme sadness, guilt, hopelessness, and irritability
- Changes in appetite or sleep
- Difficulty concentrating or feeling pleasure in life
- Disconnection from, or resentment towards, your baby
- Withdrawal from family and friends

What are Symptoms of Postpartum Anxiety?

You may experience:

- Excessive worry
- Racing thoughts or physical restlessness
- Feelings of dread and panic
- Fear of being alone with your baby

If you are feeling desperate and/or have thoughts of harming yourself or your baby, seek immediate help through your physician or nearest emergency room.



How Do I Get Help?

You do not need to suffer alone. The Center for Early Relationship Support® is here to help, providing therapeutic support and a FREE weekly Postpartum Depression/Anxiety support group.

You can contact us or ask someone close to you to contact us at
CERSIntake@jfcsboston.org
or 781-693-1200.