

Postpartum Depression and Anxiety

The Center for Early Relationship Support

When being a parent 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.

Early Connections[®]

The Center for Early Relationship Support

Early Connections[®] is a therapeutic service for parents experiencing emotional difficulties during the transition to parenthood, whether during pregnancy or after birth.

The period of early parenting is a time of tremendous change and adjustment for both parents and babies. For parents struggling with postpartum depression and/or anxiety, or with feelings of disconnection from their baby, this time can be particularly challenging. For babies with early vulnerabilities or unusual fussiness, the journey can be stressful. For these families, parenthood can be isolating and it can feel like there is nowhere to turn for help.

Early Connections offers sensitive, specialized treatment by clinicians trained in perinatal and infant mental health. Our clinicians help parents feel more confident in their new relationship with their baby and to cope with the complex emotions that arise. By focusing on the early experiences of both parent and baby, our clinicians help them find their way to a strong, healthy relationship.

"The time I spent with my clinician was a safe, comfortable home, almost a haven for me, where my innermost thoughts and fears could come out. In these times I was not ashamed of what I was feeling."

- Client

Early Connections is non-sectarian and open to all parents in the community.



Who we serve

- Pregnant and postpartum parents
- Parent with children age 0-3
- Families in Greater Boston

Services

- Weekly sessions (home, office or telehealth for some treatment modalities)
- Referrals for social service needs and group support

**For more information,
please contact us at
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or 781-693-1200.**