

ARE YOU AT RISK FOR



PERINATAL DEPRESSION AND ANXIETY?

Up to 25% of pregnant and new mothers in Oregon have lasting feelings of sadness or stress that get in the way of their daily lives. This is called perinatal depression and anxiety. (Perinatal refers to the time you are pregnant through the baby's first birthday.)

Check the statements below that are true for you:

- It's hard for me to ask for help. I usually take care of myself.
- Before my periods, I usually get sad, angry, or very cranky.
- I've been depressed or anxious in the past.
- I am depressed or anxious when I am pregnant
- My mother, sister, or aunt was depressed or very anxious after her baby was born.
- Sometimes I don't need sleep, have lots of ideas and don't slow down.
- My family is far away and I feel lonely.
- I don't have many friends that I can rely on.
- I am pregnant right now and I don't feel happy about it.
- I don't have the money, food or housing that I need.

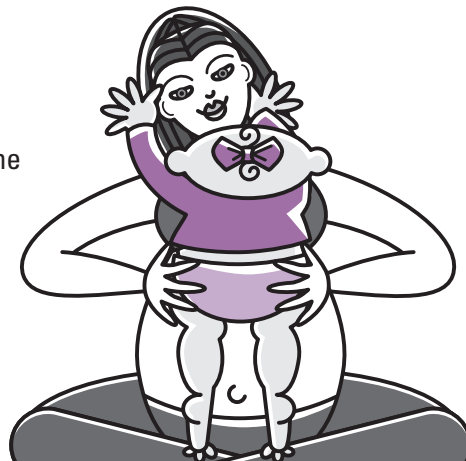
Checking more than two statements above means you are at risk for perinatal depression and anxiety.

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Your health care provider will regularly screen you for perinatal depression and anxiety, but it is important that you ask him/her any questions you may have about it and share if you have the following symptoms:

- Sadness, anger, exhaustion, nervousness, feeling out of control or overwhelmed
- Difficulty sleeping or eating
- Fears or scary thoughts that don't go away
- Feeling anxious or insecure and nervous about being alone

**With the right help,
Perinatal Depression
and Anxiety
are very treatable!**



You can prevent a crisis by reaching out. Talk with your health care provider or call Postpartum Support International (PSI) Warmline, **541.728.3427**



LASTS A LIFETIME

www.deschutes.org/ecwellness