# One in Eight New Moms Suffer from Depression.

## Learn the signs:

- Ongoing sadness.
- Excessive worry.
- Feeling tired most of the time.

## Intervention is critical...

These are common symptoms after giving birth often known as the "baby blues." When the symptoms last beyond 2-3 weeks, it is time to reach out—don't wait. There are proven strategies that work to help mothers and their families with depression.

**To learn more contact your program's mental health consultant.**

Developed for the Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development with funding by the Office of Head Start/ACF, DHHS (#90YD0268)

FOR PROVIDERS

# Have you noticed a new mom...

- Worrying more than usual?
- Having difficulty nurturing her baby?
- Seeming less interested in conversation?
- Having less energy?

## Depression Affects Their Babies too...

Many new moms face the "baby blues"—sadness, irritability, and a lack of energy and interest for daily activities—after giving birth. When these feelings last more than 2-3 weeks it might be time to address the possibility of depression. There are proven strategies that can help new moms and their families feel better! Early intervention is critical. **Don't wait, reach out to your program's mental health consultant.**

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