

After giving birth, about 85% of women have some kind of upset mood. You may feel tearful, irritable, and anxious. It is a normal experience after childbirth. This is called “postpartum blues”. For most women, this kind of feeling does not last long. However, for the remaining 10-15% of women, the depressed feeling may linger and interfere with daily life and routines. We call this “postpartum depression.”

### RISK FACTORS

- Personal or family history of depression, or other mental disorders
- Lack of support from family and friends
- Negative feelings about the pregnancy
- Problem with previous pregnancies or births
- Marital and/or financial problems
- Stressful life events
- Substance use
- Becoming a mother at a young age

### SIGNS AND SYMPTOMS

- Feeling moody, or irritable
- Crying a lot
- Having no energy or motivation
- Feeling worthless
- Withdrawing from family and friends
- Having headaches
- Stomach problems, and other aches and pains that do not go away
- Thoughts of hurting yourself or your baby

### SELF HELP TIPS:

- Stay connected; get as much support from friends, family, and social service agencies as possible
- Remember you are not alone in this; help is available



### IT IS TIME TO SEEK HELP IF:

- Your “baby blues” do not go away after 2 weeks
- Symptoms are getting more intense
- You cannot function in your daily routines
- You feel you cannot care for yourself or your baby

Most people with depression get better with treatment. We have well qualified licensed behavioral health professionals at NEMS to answer any questions for you. Give us a call at 415-391-9686 and ask for a behavioral health appointment.

#### Sources:

- U.S. Department of Health and Human Service
- Office on Women's Health

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

分娩後, 大約 85% 的女性都會有些煩亂的情緒. 你會感到容易流淚, 急躁和焦慮. 產後有這些鬱悶的感覺與情緒是正常的. 對於大多數女性, 這些情緒並不會持續很久. 但對於 10%-15% 的女性, 抑鬱的感覺會持續並影響日常生活, 這就稱之為”產後抑鬱症”.

### 風險因素

- 個人或家族抑鬱病史或其他精神病史
- 缺乏家人或朋友的支持
- 對懷孕有負面情緒
- 之前的懷孕或分娩曾出現問題
- 婚姻或財政困難
- 生活壓力較大
- 濫用藥品/毒品
- 在年輕時成為母親

### 症狀

- 喜怒無常或易怒
- 經常哭泣
- 感到沒有精神或失去動力
- 覺得沒有價值
- 遠離家人和朋友
- 頭痛
- 胃部問題, 或其他痛症持續不見好轉
- 想傷害自己或你的嬰兒

### 自我幫助提示

- 與外界保持接觸, 從朋友, 家人和社會服務機構得到儘量多的幫助
- 記住你並不是獨自一人, 可以尋求幫助



### 如果你有以下情況, 你需要尋求幫助:

- 你的鬱悶情緒持續兩個星期後未見好轉
- 症狀變得更加嚴重
- 你不能如常生活
- 你覺得不可以照顧你自己或你的嬰兒

大多有抑鬱症的人治療後會有好轉. 東北醫療中心有專業的心理健康輔導人員可以回答你的問題. 請致電 415-391-9686 預約心理輔導.

#### 資料來源:

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