Healthy Mothers Healthy Babies Coalition of Hawai’i

With you every step of the way – before, during and after pregnancy.

Healthy Mothers Healthy Babies Coalition of Hawai’i is a member of the National Healthy Mothers Healthy Babies Coalition.

www.hmhb-hawaii.org
www.facebook.com/hawaiihmhb
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BABY (BEBE para español) to 511411

O’ahu (808) 951-6660
Toll-Free Neighbor Islands (888) 951-6661

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Did you recently have a baby? Are you feeling…
Lost?
Overwhelmed?
Scared?
Helpless?
Tearful?
Angry?
Hopeless?
You may have POSTPARTUM DEPRESSION.

What is postpartum depression?
After having a baby, it is common for women to feel sad and tired. If these feelings don’t go away after 2 to 3 weeks, it’s called postpartum depression.

When does postpartum depression start?
Postpartum depression usually sets in soon after childbirth and develops gradually over a period of several months. However, postpartum depression can also set in suddenly, and some women don’t see the first signs until months after they’ve given birth.

Is postpartum depression common?
Between 10 and 20 percent of all new moms experience postpartum depression.

How can I tell if I have postpartum depression?
You might have postpartum depression if:
• You don’t feel interested in your baby
• You have negative feelings toward your baby
• You worry about hurting your baby
• You don’t feel like taking care of yourself
• Your appetite or weight has changed
• You are sleeping more or less than you usually do
• You feel sad, guilty, hopeless or inadequate
• You feel tired or weak all the time
• You can’t concentrate
• You feel confused
• You forget things easily
• You feel angry, at everything or all the time

How can postpartum depression affect my baby?
Postpartum depression can interfere with your ability to take care of yourself and your baby. If you have postpartum depression, it doesn’t mean you’re a bad mother, but you do need help.

If you’re feeling down, speak up.
If you think you might have postpartum depression, call your doctor and get a complete medical evaluation. For more information or to get help, call PPD Support Hawaii at (808) 392-7985 or visit www.ppdsupporthi.org.

For more helpful resources and information, visit www.hmhb-hawaii.org. You can click through a variety of information in over 20 different categories to help you with questions for before, during and after pregnancy. Or you can go to The Directory on our website to search for resources by keyword, island and category!
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