

# How do I get help?

Please contact us at:

**702-364-1484** or toll-free  
**1-800-873-2246**, TTY **711**

Do you have questions for your doctor?  
Would you like to talk to your doctor about  
your questions? Write them down here.  
Please use additional paper if necessary.

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Take this brochure to your appointment.

Tiene derecho a recibir ayuda e información  
en su idioma sin costo. Para solicitar un  
intérprete, llame al número de teléfono  
gratuito para miembros que se encuentra  
en su tarjeta de identificación del plan o los  
documentos de su plan.



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## Postpartum Depression

More than just the "baby blues"



## What is Postpartum Depression?

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The birth of your new child may cause several biochemical changes. A large shift in hormone levels means that up to 85% of women will experience some or all of the symptoms of the “baby blues.”

A smaller number of women will have more severe symptoms called postpartum depression. These symptoms are much more intense, and can greatly harm your ability to care for and bond with your newborn child. This condition can be upsetting, but it is very treatable.



## Becoming a New Mother Can Be Overwhelming

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- Do you need someone to talk to?
- Do you know where you can find support?
- Do you notice changes in your thoughts or behavior since the birth of your new child?
- Have your friends or family members noticed any changes in you?

Behavioral Healthcare Options (BHO) can provide assistance to help you cope with the overwhelming feelings you may be experiencing since the birth of your new child.



## Symptoms of Postpartum Depression

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Symptoms of postpartum depression may start any time after delivery, even many months later, and include:

- Feeling sad or depressed
- Feeling hopeless or empty inside
- Loss of pleasure in normal activities, things you used to enjoy
- Feelings of worthlessness or guilt with no cause
- Difficulty concentrating and making decisions
- Changes in how you talk or walk; restlessness or sluggishness
- Extreme fatigue or loss of energy
- Sleep problems - even when the baby is sleeping
- Feeling anxious or having fearful thoughts
- Thoughts about death

Help is available!

Behavioral Healthcare Options (BHO) can help you find available community resources for your mental health or addiction treatment.

### For assistance to behavioral health services:

- Call **911** for assistance if there is an immediate safety risk.
- Contact BHO at **702-364-1484** or toll-free at **1-800-873-2246**, TTY **711**, for assistance accessing behavioral health services or for clinical assistance.