“Baby Blues” and postpartum depression

What are the “Baby Blues”?

The “baby blues” are when you feel sad and “blue” the first two weeks after giving birth. These feelings are normal.

Many moms cope with changes after giving birth.

- Your body is trying to adjust to not being pregnant.
- Your hormone levels are returning to normal.
- Your sleep patterns are far from normal.
- Demands on your time and energy have changed.

Ask your provider for more information about the “baby blues”.

What is postpartum depression?

If your mood swings do not begin to fade away, you may suffer from postpartum depression.

Signs of postpartum depression include:

- You feel depressed three or four weeks after your baby is born.
- You feel very sad, hopeless and anxious.
- You feel fatigue or loss of energy.
- You are unable to finish daily tasks.
- You have a hard time bonding with your baby.
- You fear you may hurt yourself or your baby.
- You are not feeling better as time goes on.

If you notice any of these signs, you may need special help. Talk to your provider. He or she can help you get treatment.

Some moms need medicine to make them feel better. Take your medicine as prescribed by your provider.

For urgent Mental Health Support

Call our 24-hour Nurse Advice Line.
We are here to help you.

English: **(888) 275-8750**
Español: **(866) 648-3537**
TTY/TDD: **711**

To access mental health services please contact Member Services at (888) 665-4621. Our Behavioral Health Department will contact you within 3 business days.

National Maternal Mental Health Hotline
Call for additional support at (833) 852-6262 to speak with a counselor.

To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

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