Intermountain Healthcare
801-408-6226 www.mckay-dee.org/postpartumdepression
If you are feeling down, depressed, or hopeless, have lost interest or pleasure in doing things, have trouble with daily activities, or are having thoughts of harming yourself or your baby, please call the Intermountain Healthcare crisis line. We are here to help 24 hours a day.

Regence BlueCross BlueShield of Utah (Regence BCBSU)
1-800-624-6519 www.myRegence.com
Regence BCBSU contracts with numerous behavioral health care providers in Utah. Using the Provider Search feature, members can easily find providers that meet their needs. Members can search by location, provider type and specialty, and additional provider attributes, such as provider name, preferred network, language and gender.

University of Utah Neuropsychiatric Institute (UNI)
1-801-583-2500 www.healthcare.utah.edu/UNI
UNI is a free-standing psychiatric hospital caring for individuals with chemical dependency and psychiatric illness. Call for assessment, treatment, or referral to a clinician specializing in postpartum depression treatment.

Valley Mental Health
1-888-949-4864 (toll-free) www.valleymentalhealth.org
Valley Mental Health provides comprehensive treatment and services for people of all ages experiencing mental illness, substance use disorders and behavioral problems.

UTAH DEPARTMENT OF HEALTH

The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.

Where Can I Go For Help and Support for Postpartum Depression?

Along with talking to your health care provider, many groups and organizations can answer questions and provide further support for Postpartum Depression.

National Alliance on Mental Illness (NAMI) – Utah Chapter
1-877-230-6264 (toll-free) www.namiut.org
Provides support groups and education for individuals living with depression.

Following are a few contacts for programs that work with insurance companies. Check with your insurance company to find the health care provider who can help you.

Altius
1-800-701-8663 www.altius.coventryhealthcare.com
While this is an exciting time, the many physical and emotional changes that follow the birth of a child also increase your risk for depression. For members of Altius Health Plans, MHNet can assist you in finding a professional near you with expertise in helping women who suffer from Postpartum Depression. If you feel you need urgent assistance, please do not hesitate to call MHNet at 1-800-701-8663 at any hour of the day or night.

CIGNA
1-800-CIGNA24 www.cignabehavioral.com
CIGNA Behavioral Health provides access to a national network of 60,000 mental health professionals who can help people manage the symptoms of depression, anxiety, substance abuse and other behavioral health issues. Members can call the toll-free number or use the link above for the online directory and other resources.

Deseret Mutual
1-801-578-5600 Extension 2 www.DMBA.com
Deseret Mutual members can call or utilize the online directory to find a mental health specialist who can help with depression or other behavioral health issues.

Mom, Are you feeling blue?

Is it the "Baby Blues" or Postpartum Depression?

Since your new baby was born, how often have you felt down, depressed or hopeless?

- ❑ Always
- ❑ Often
- ❑ Rarely
- ❑ Never

Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- ❑ Always
- ❑ Often
- ❑ Rarely
- ❑ Never

If you answered ALWAYS or OFTEN to either question, it's time to talk to your health care provider about how you are feeling.

What is Postpartum Depression?

Postpartum depression is an illness that can happen after a woman has a baby.

It is very common. It is likely that 15% of women (1 out of every 8 women) who have a baby suffer from Postpartum Depression.

It is normal for a new mom to feel emotional for a few days after the baby is born. These "baby blues" should go away after a few weeks.

When the feelings of sadness, anger, anxiety, being overwhelmed or unable to cope do not go away but get worse, it is most likely Postpartum Depression.

Without treatment these feelings can last for months and sometimes for years.

Who is at Risk for Postpartum Depression?

- Women who have had depression or anxiety in their life or have had Postpartum Depression after a previous pregnancy
- Single moms caring for a new baby and other children who have little or no support at home
- Women who have life changing events such as a new job, moving to a new community or have had a death in the family at the same time as the birth of a new baby
- Moms who have a special needs baby or take care of a child with health issues

What are Some of the Symptoms of Postpartum Depression?

- Feeling sad, angry or irritable for no reason
- Not able to concentrate on what you are doing
- Feeling worthless
- Making simple decisions becomes hard
- Feeling overwhelmed
- Unable to sleep even when baby sleeps
- Not being interested in things you like to do
- Feeling tired and having no energy
- Not able to cope
- Thoughts of harming yourself or a loved one

How is Postpartum Depression Treated?

Postpartum Depression is treated many different ways. Your health care provider can talk to you about which approach might be best for you. Here are a few treatment options:

Counseling with a therapist. It is helpful to have the baby's father, a supportive family member or a friend go with you.

Medication is often needed to make the symptoms better. Antidepressant medication may work and has few side effects. If you are breastfeeding your baby, your health care provider can talk to you about which medication may be helpful. You can call the Pregnancy Risk Line for information on the safety of these medications on a breastfed baby: 1-800-822-2229 or go to www.pregnancyriskline.org

Talking with other women who have suffered from Postpartum Depression can also help. Many women's support groups are available.