COLUMBUS COMMUNITY HOSPITAL

Special Feature
Contact: Amy Blaser, Vice President
Phone: 402-562-3371
Email: aeblaser@columbushosp.org
Date: December 28, 2023

Mental health and motherhood

(COLUMBUS, Neb.) – Are you expecting a baby? You may be feeling happy, nervous and excited — and also anxious and overwhelmed. After giving birth, many new moms experience tiredness, worry and sadness, also known as the "baby blues." These feelings usually go away on their own.

For some women, however, these emotions can become severe and interfere with their daily lives, causing a condition known as postpartum depression. Postpartum depression occurs in one out of every eight women and can happen to anyone. Women may also experience these feelings during pregnancy.

Symptoms of postpartum depression can include:

- Crying more than usual.
- Experiencing extreme sadness or anger.
- Not feeling a connection with your baby.
- Worrying about hurting your baby.
- Having guilt or doubts about not being a good mom.
- Experiencing excessive frustration about difficulty balancing your baby's needs.
- Feeling isolated or unsupported.

If you are having any of these symptoms or other emotional difficulties that concern you or your loved ones, talk to your provider to find a treatment that is right for you.

As a new mom, it can be hard to focus on yourself and your health, but it's important for both you and your baby. Depression can happen to anyone. It can vary in severity and length, and can be triggered by major life events such as childbirth and hormonal changes. You can prepare by knowing what to look for and getting help when you need it.

What additional resources are there?

- Talk to your health care provider about your risk factors for postpartum depression, and what to watch out for.
- Call or text the National Maternal Mental Health Hotline at **833-852-6262 (833-TLC-MAMA)** for free, 24/7, confidential counselor support.
- If you are thinking about harming yourself or your baby, get help now. Call **988** for emergency help from the 988 Suicide and Crisis Lifeline.

COLUMBUS
COMMUNITY HOSPITAL

###

Dr. Kara Weishaar is a board-qualified obstetrician/gynecologist with Columbus Women's Healthcare.