

SC Postpartum Support Resources

Postpartum FREE Lunch Group

1st Thursday every month 11:30 am- 1 pm
Palmetto Health
9 Medical Park Drive
Columbia, SC 29203
803-296-3715 Virginia Williams

Wee Remember

4th Tuesday every month 6:30 pm- 8:30pm
Palmetto Health
9 Medical Park Drive
Columbia, SC 29203
803-296-5635
*For parents who have experienced infant or pregnancy loss

Charleston Support Group

1st & 3rd Thursday every month 7:30pm-8:30pm
Lutheran Church of the Redeemer
714 Riverdale Drive
Charleston, SC
843-881-2047 Helena Bradford

Postpartum Support Group of the Upstate

1st Thursday every month 7:00pm
Parkside Pediatrics
211 Batesville Road
Simpsonville, South Carolina 29681
864-419-3289 Susan Breisch

The Women's Emotional Health Center

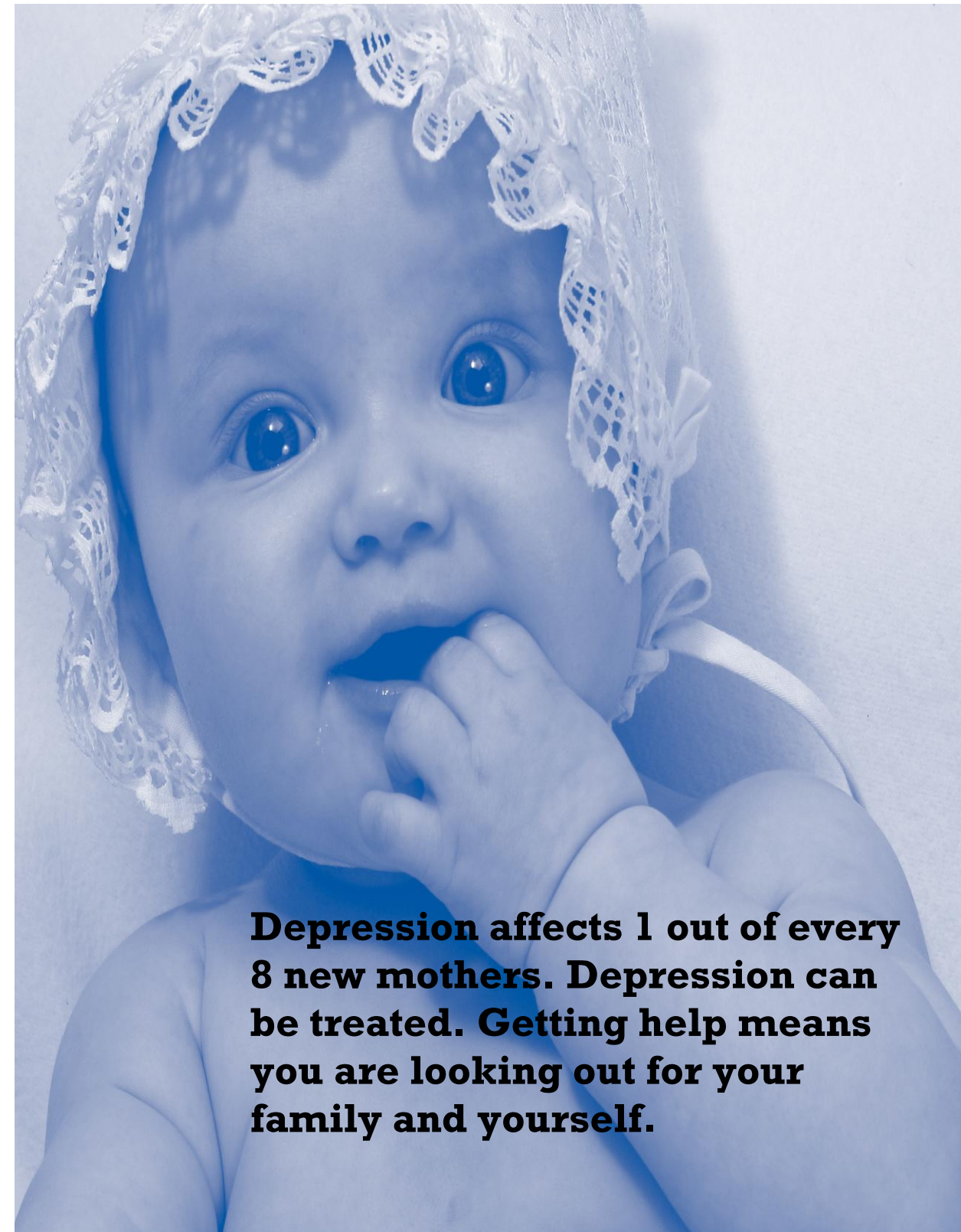
at Midlands Psychiatry
Stephanie Berg, MD & Kelly Helms, LISW-CP
803-779-3548

Brochure Provided By:

Midlands Postpartum Coalition

The Midlands Postpartum Coalition consists of representatives of state and local organizations and agencies who educate and provide treatment services for women and their families. The Coalition meets regularly to network and to discuss how to improve education and treatment for women with Postpartum Depression.

Depression & Moms



Depression affects 1 out of every 8 new mothers. Depression can be treated. Getting help means you are looking out for your family and yourself.

Could I Be Depressed?

Sometimes the feelings during pregnancy and after giving birth are like the symptoms of depression. Feeling sad or “blue” after giving birth is common, but when these feelings last two weeks or longer, they may be a sign of depression. Other health problems such as thyroid disease and bipolar disorder can cause many of the same symptoms but need a different treatment. Having several signs or symptoms, for two weeks or more, may mean you have depression. You should talk to your doctor, nurse or social worker. Take this brochure with you.



Warning Signs & Symptoms of Depression:

- Feeling very sad, anxious or cranky
- Frequent crying
- Not feeling up to doing daily tasks
- Not feeling hungry, or eating when not hungry
- Not wanting to take care of yourself (dress, shower, fix hair)
- Trouble sleeping when tired, or sleeping too much
- Things don't seem fun or interesting anymore
- Trouble concentrating
- Feeling hopeless
- Trouble making decisions
- Worrying too much about the baby or not caring about the baby
- Fear of harming or being alone with the baby
- Thoughts of self-harm or suicide

You are not alone!

Depression is the most common complication of pregnancy. Treatment can make a big difference. Sadly, most women never get the help they need. Getting help right away can prevent more serious problems later.

Treatment

Depression that is not treated can lead to risks for the mother and baby.

Untreated depression in pregnant women can lead to poor nutrition, missed prenatal appointments, drinking and smoking. These behaviors can cause premature birth, low birth weight and other problems. A woman who develops depression while she is pregnant is three times as likely to be depressed after giving birth.

Mothers with depression may find it hard to deal with daily life and stress. Women who are depressed often do not feel like taking



care of themselves or their babies. Their babies may develop learning or behavior problems. Women with depression are also at risk for suicide.

Medications used to treat depression work very well. It is natural for mothers to be concerned about the effects of medication on the fetus and breast milk. It is important to consider the risks. It is also important to consider the risks to the mother, the fetus and the baby if the mother does not receive treatment for depression.

Going off antidepressant medication may make depression return. If you are taking an antidepressant medication, talk to your health care provider if you are planning a pregnancy and as soon as you learn that you are pregnant. Only you and your doctor can decide what medicine, if any, is best for you.

Counseling also helps. For some women, it may be all that is needed. For others, it can be used along with the medication the doctor prescribes. Family, friends, help lines and support groups can also help.

Talk to your health provider. Together, you can choose a treatment plan that is right for you.

Resources

www.healthynewmoms.org
www.postpartum.net

