Suggestions of where to turn:

- Your healthcare provider
- Family and friends
- Faith-based organizations
- Perinatal Bereavement Support Groups
- Central Jersey Family Health Consortium
  - Perinatal Mood Disorder Staff
  - Fetal Infant Mortality Review Bereavement Support Nurse
- New Jersey PPD Help Line
  - 1-800-328-3838
  - www.njspeakup.gov
  - Calls are answered 24 hours a day, 7 days a week for information, insurance questions, treatment and support services

Central Jersey Family Health Consortium
Serving: Hunterdon, Mercer, Middlesex, Somerset, Monmouth and Ocean Counties and the Plainfield portion of Union County.

North Brunswick Office
2 King Arthur Court, Suite B
North Brunswick, NJ 08902
Phone: 732-937-5437
Fax: 732-937-5540

Lakewood Office
725 Airport Rd., Suite 1C
Lakewood, NJ 08701
Phone: 732-363-5400
Fax: 732-363-5554

Postpartum Depression After a Loss
Information for You, Your Family and Friends

Help is Available...

Supported by a grant from:

NJ Health
New Jersey Department of Health

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Visit our website at www.cjfhc.org
Postpartum Depression (PPD) is a condition that may affect a woman after the birth of a child or if she has suffered a pregnancy or infant loss. PPD may affect a woman no matter her age, race, income level, or culture. It is important to be aware that you may be at risk for PPD. Could you have PPD?

- Do you feel sad, anxious, or like you can’t handle things?
- Have you had thoughts of hurting yourself or others?

If you answered “yes” to either of these questions, you are not alone. PPD will not last forever and it can be treated. Talking about how you feel is the first step; getting help is the second.

What is Postpartum Depression?

PPD Warning Signs

The warning signs may differ from person to person and might appear days, weeks, or even months after a loss. The sadness you may feel is a normal part of the grieving process. However, you need to know that along with the emotions you are experiencing, you may also develop postpartum depression.

Warning signs may include:

- Trouble sleeping or sleeping too much
- Eating more or less than normal
- Feeling irritable, angry, nervous, or exhausted
- Lack of interest in family or friends
- Feeling guilty, worthless or hopeless
- Crying a lot
- Low energy or trouble concentrating
- Low or no sex drive
- Thoughts of harming yourself or others

Your healthcare provider is a great resource for you and your family. If you’re not sure what’s happening, call your provider.

Tips to Help You Feel Better

- Get plenty of rest and eat balanced meals, even if you’re not hungry.
- Give yourself permission to cry, feel bad or whatever it is you are experiencing.
- Structure your time and temporarily lower expectations of yourself.
- Exercise or walk - even a little activity is beneficial.
- Give and receive physical touch.
- Talk it out; expressing your feelings promotes healing.
- Engage in activities that are meaningful to you, such as religious or spiritual prayer or meditation, reading, journal writing, crafts, volunteering, gardening, etc.
- Participate in a bereavement support group in your area or online.

Treatment can help, but you have to speak up when you’re down.