



# Mom, are you feeling blue?

## ...Is it the "Baby Blues?"... or Postpartum Depression?

### HERE ARE TWO QUESTIONS TO ASK YOURSELF:

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

- Always
- Often
- Rarely
- Never

2) 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,  
talk to your doctor about how you  
are feeling.**

### What is postpartum depression?

After having a new baby it is common for women to feel down or sad. This is often called the "Baby Blues." Most of the time, the baby blues go away soon after the baby is born. If the baby blues don't go away after 2 or 3 weeks, this is called postpartum depression and may need treatment. There is no reason to feel embarrassed or afraid to talk to your doctor about postpartum depression.

*Poster concept courtesy of the Utah  
Department of Health.*

