Do you feel anxious or panicky, sad or depressed?
Are you having problems with eating or sleeping?
Do you feel increasingly irritable or angry with those around you?
Are you having upsetting thoughts that you can't get out of your mind?

You are not alone ~ postpartum anxiety and depression are common.
Talking with your midwife or doctor is a good first step

Taking care of yourself is important!

♥ Make your rest and sleep a priority ~ accept help with housework and rest when your baby sleeps.
♥ Nourish yourself well ~ consider eating a nutritious snack every time you feed your baby.
♥ Stay connected ~ see the support groups listed below.

RESOURCES FOR POSTPARTUM WELLNESS

WARMLINES
Postpartum Support International (800) 944-4PPD (4773)
PPD Stress Line (888) 678-2669
Santa Cruz Public Health Nurse Information Line (831) 454-4339

WEBSITES
Local Resources www.speakupsantacruz.org
Postpartum Support International www.postpartum.net

COUNSELING
Family Services of Santa Cruz (831) 423-9444

POSTPARTUM WELLNESS SUPPORT GROUPS
Sutter Hospital (831) 477-2229
Dominican Hospital (831) 462-7859
LUMA Yoga (831) 325-2620
Watsonville Hospital (831) 763-6015 (general support group)

Help is available ~ you can feel better!