

# Life with a new baby is not always what you expect

1 in 5 mothers will have a postpartum mood disorder. You are not alone. There is help for you and your family.



## YOU MAY:

- Not feel yourself
- Be sad and tearful
- Feel exhausted, but unable to sleep
- Have changes in eating or sleeping pattern
- Feel overwhelmed & can't concentrate
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel restless, irritable or angry
- Feel extremely high and full of energy
- Feel anxious and worried
- Feel guilty and ashamed
- Feel not attached to your baby

## WHAT CAN YOU DO?

- **Talk with your health care provider**
- **Do not blame yourself**
- **Ask for help**
- **Take care of yourself**
- **Take time for yourself**
- **Get counseling**
- **Consider medication**



**best start  
meilleur départ**

by/par health **nexus** santé

[www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)