McLaren Business Products

McLaren Print System Order

Order No: 63516
Order Date: 2021-07-06
User: Darcy Tyrrell
Phone: 517-975-7322

Ship Location: Labor and Delivery
401 W. Greenlawn Ave
Lansing, MI 48910
Brochures
Quantity: 500
Paragon Dept No: 23830
Dept Name: Labor and Delivery
Company Number: 160

Order Total Price: 143.00

Item Number: MGL-041
Item Description: Postpartum Brochure
Revision Date: 2/2021
Print:
Paper:
Size:
Fold:
Finish:
Drill:
Misc Info: ds; color; bleed 80# cover; bi-fold; 8.5x11

Spec Info:

How is it treated?
The best treatment for postpartum depression is:
- Support from your family and friends
- Individual or group therapy
- Medicine which can be used while breastfeeding (prescribed by your doctor)

What can I do?
Being a good mom means taking care of you and your baby. You can take better care of both of you if you:
- Are honest about how much you can do, and ask other people to help you when you need it.
- Find someone to talk to about your feelings.
- Talk with your doctor.
- Find time to do something for yourself, even if it is only 15 minutes a day.
- Get enough rest; sleep when the baby sleeps.
- Eat a healthy diet.
- Stay active.
- Keep a diary of your emotions and feelings.

What else should I know?
It is very common for new moms to have the "baby blues." Approximately 80% of new mothers will experience the baby blues within a couple days of giving birth. These feelings usually come and go within the first two weeks after birth and go away without treatment. Usually feeling sad, tearful, irritable and anxious will not keep you from caring for your baby.

If these symptoms persist longer than 2-3 weeks [illegible] postpartum depression. Postpartum depression affects 1 in 8 women.
You have experienced many changes since the arrival of your child – physical, emotional and lifestyle. Experiencing postpartum depression is not your fault and does not mean you are not a good mother. If you are depressed, you need to get help. It will not get better on its own.

Who do I call for help?
Call your obstetrician or primary care physician

My doctor:_____

My doctor's phone number:_____

If you feel you are a danger to yourself or your infant, go to the nearest emergency room immediately.

Outpatient Assistance Resources include:

Postpartum Support International
www.postpartum.net

References:
American Academy of Family Physicians. (2008) Postpartum depression and the baby blues. Retrieved October 6, 2008 from http://family.doctor.org/online/familydocsen/home/women/pregnancy/ppd/general/979.printerview.html
Baker-Ericzen, M.J., Mouggenborg, M.G., Hartigna, P., Howard, N., Wilke, T.
(2006). Partnership for women's health: a new age collaborative program for addressing maternal depression in the postpartum period. Families, Systems, & Health (2006, (24)1), 30-43.
Edinburgh Depression Scale taken from the British Journal of Psychology June 1987, Vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky.

McLaren
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MGL-041
2.21.30200

POSTPARTUM DEPRESSION
WHAT YOU NEED TO KNOW

McLaren GREATER LANSING | DOING WHAT'S BEST.