



# Pregnancy & Depression

**P**regnancy can be a wonderful and exciting time. Yet, at least 10% of pregnant women suffer from depression. Untreated, depression can prevent a woman from taking care of herself and her unborn baby. More women experience depression in their 32<sup>nd</sup> week of pregnancy than eight weeks after giving birth.

**D**epression can affect anyone but some pregnant women are more at risk than others. Risk factors for depression include a history of depression before becoming pregnant, a family history of depression, relationship problems, a difficult pregnancy, previous pregnancy loss, high levels of stress, or past history of abuse.

**W**hat are the signs of depression?

- ❖ Anxiety
- ❖ Extreme fatigue
- ❖ Persistent sadness
- ❖ Problems sleeping
- ❖ Inability to enjoy activities that you enjoyed in the past
- ❖ Change in appetite
- ❖ Mood swings

**T**here are things you can do to help prevent depression during your pregnancy.

- ✓ Take some time to prepare yourself for your new role as a mother.
- ✓ Slow down. Pregnancy can be stressful. Taking care yourself is essential for both your physical and mental health.
- ✓ Eat well; get plenty of sleep and exercise.
- ✓ Discuss your worries with supportive people. You may also want to seek out professional help for more support.
- ✓ Discuss concerns with your doctor or midwife

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esources available in Washington County:

24/7 Mental Health Crisis Counseling Phone Line: ..... 651-777-4455

Family Means ..... 651-439-4840

[www.familymeans.org](http://www.familymeans.org)

Family Service, Inc ..... 651-222-0311

[www.familyinc.org](http://www.familyinc.org)

H.S.I. (Human Services, Inc)

Cottage Grove-..... 651-458-4116

Forest Lake-..... 651-251-5220

Oakdale-..... 651-777-5222

Stillwater-..... 651-430-2720

TDD-..... 651-770-6834

[www.hsicares.org](http://www.hsicares.org)

White Bear Lake Area Community Counseling Center ... 651-429-8544

Your own doctor is an excellent resource. Your public health nurse can also provide more information and resources.

Compiled from the following resources:

<http://www.babycenter.com>

<http://www.parentsplace.com>

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Phone: 651-430-6655 • TTY: 651-430-6246

[http://www.co.washington.mn.us/info\\_for\\_residents/public\\_health/](http://www.co.washington.mn.us/info_for_residents/public_health/)

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