

Postpartum Depression			
Assessment	Comments		
Prenatal Depression	It is a period of depression experienced during pregnancy and prior to birth		
Postpartum Blues	Postpartum blues (or the “baby blues”) is a period of depression characterized by mild depression, anxiety, tearfulness, headaches, fatigue and irritability. Usually, the symptoms appear 1-2 days after birth and last from 3 to 7 days. Postpartum blues is normal, occurring in 60-80% of women.		
Postpartum Depression	Postpartum depression occurs in approximately 10-20% of new mothers, with an onset from one month to nine months after birth. The symptoms are similar to postpartum blues, but they are more severe and enduring. They may also include severe anxiety, panic attacks, spontaneous crying (long after the usual duration of baby blues), lack of interest in a new infant and insomnia. In extreme cases, postpartum depression may lead to thoughts of suicide.		
Signs of Postpartum Depression	<u>Common Symptoms of Postpartum Depression</u> <ul style="list-style-type: none"> <li>Feelings of sadness; feeling “down”</li> <li>Loss of interest and/or pleasure in usual activities</li> <li>Trouble concentrating</li> <li>Feeling tired and lacking energy</li> <li>Problems sleeping or an increased need for sleep</li> <li>Significant change in weight or appetite</li> <li>Feeling very guilty for reasons that cannot be explained</li> <li>Feelings of worthlessness</li> <li>Feelings of hopelessness</li> <li>Thoughts about death or suicide</li> <li>Feelings of unexplained anxiety and/or irritability</li> </ul>		
Treatment	Comments		
Treatment for Postpartum Depression	<ul style="list-style-type: none"> <li>Postpartum depression is a highly treatable illness.</li> <li>Approximately 80% of individuals who seek treatment respond successfully.</li> <li>Types of treatment depend on the severity of symptoms and preferences of the patient.</li> <li>The primary forms of treatment are antidepressant medication, psychotherapy, or a combination of the two.</li> </ul>		
Suicide Assessment	When an individual makes statements about feeling hopeless or worthless and that nothing will make a difference, <u>LISTEN CAREFULLY</u> . Always take these kinds of statements seriously and get help.		
	Medi-Cal	Healthy Families	Medicare
Responsible Plan	United Behavioral Health	Community Health Group	Community Health Group
Referral	Access Line: United Behavioral Health Access Line (800) 479-3339  Liaison: Community Health Group Behavioral Health Services	Fax to: Community Health Group Behavioral Health Coordinator (877) 862-7603  Or member may self-refer by calling: Community Health Group Behavioral Health Services	Fax to: Community Health Group Behavioral Health Coordinator (877) 862-7603  Or member may self-refer by calling: Community Health Group Behavioral Health Services