

当您失落时大声说出来吧



6 件

每位新手妈妈 & 准妈妈
都应了解的有关产妇抑郁症的事情

1 | 产妇抑郁和焦虑是常见的。

它是孕期的头号并发症。在美国，每年有15%至20%的新手妈妈，即约100万名女性，会经历围产期情绪和焦虑症。有研究表明，这个数字可能更高。

您并不孤独。

产妇抑郁症可以影响到任何女性，无论年龄、收入、文化或教育程度如何。

2 | 您可能会出现以下一些症状。

- 悲伤或愤怒的感觉。
- 情绪波动：情绪高低起伏，感觉不知所措。
- 难以集中注意力。
- 对您过去喜欢的事情缺乏兴趣。
- 睡眠和饮食习惯的改变。
- 恐慌症发作、紧张和焦虑。
- 过度担心您的宝宝。
- 有伤害自己或宝宝的想法。
- 担心自己不能照顾宝宝。
- 感到内疚和不足。
- 难以接受母亲的身份。
- 不理智的思考；看到或听到不存在的东西。

女性描述自己感受的一些方式包括：

我一直想哭。
我觉得自己的情绪变化就像坐过山车一样。
我再也感觉不到我自己了。
我觉得我的宝宝不喜欢我。
每件事都感觉要付出巨大努力。



改编自《产后进展》(Postpartum Progress)，您可访问www.postpartumprogress.com了解更多关于分娩相关的精神疾病信息。本手册也可提供英文、西班牙语及越南语版本。

www.maternalmentalhealthnow.org

(Chinese)

3 | 孕期的任何时候都有可能出现症状，并一直会持续到孩子一周岁之前。

产后忧郁症，是指宝宝出生后的正常适应期，通常会持续2-3周。如果您一直有以上所列举的任何一种症状或症状加重，并且持续5周以上，那么您可能正在经历产妇抑郁症或焦虑症。

4 | 您没有做任何导致这种情况的事情。

您不是一个弱者或坏人。您患有一种常见的、可以治疗的疾病。研究表明，有各种危险因素可能会影响您的感受，包括您的病史，您的身体处理某些激素的过程，您正在承受的压力程度，以及您对宝宝的帮助程度。据我们所知，这并不是您的错。

5 | 您越早得到帮助，就越好。

您值得健健康康的，而您的宝宝也需要一个健康的妈妈，他才能茁壮成长。不要等着他人。主动和您信任的人谈谈吧。您可以随时寻求帮助。

6 | 您可寻求的帮助。



can help connect you find the support you need.

如果您有伤害自己或宝宝的想法，
请立即拨打911。

与可以帮助您寻求支持的人交谈

Yǔ kěyǐ bāngzhù nín xúnqiú zhīchí de rén jiāotán



SPEAK UP WHEN YOU'RE DOWN

1 | MATERNAL DEPRESSION AND ANXIETY IS COMMON.

It is the number one complication of pregnancy. In the US, 15% to 20% of new moms, or about 1 million women, each year experience perinatal mood and anxiety disorders. Some studies suggest that number may be even higher.

YOU ARE NOT ALONE.

Maternal depression can affect any woman regardless of age, income, culture, or education.

2 | YOU MIGHT EXPERIENCE SOME OF THESE SYMPTOMS.

- Feelings of sadness or anger.
- Mood swings: highs and lows, feeling overwhelmed.
- Difficulty concentrating.
- Lack of interest in things you used to enjoy.
- Changes in sleeping and eating habits.
- Panic attacks, nervousness, and anxiety.
- Excessive worry about your baby.
- Thoughts of harming yourself or your baby.
- Fearing that you can't take care of your baby.
- Feelings of guilt and inadequacy.
- Difficulty accepting motherhood.
- Irrational thinking; seeing or hearing things that are not there.

Some of the ways women describe their feelings include:

- I want to cry all the time.*
- I feel like I'm on an emotional roller coaster.*
- I will never feel like myself again.*
- I don't think my baby likes me.*
- Everything feels like a huge effort.*

3 | SYMPTOMS CAN APPEAR ANY TIME DURING PREGNANCY, AND UP TO THE CHILD'S FIRST YEAR.

Baby blues, a normal adjustment period after birth, usually lasts from 2 to 3 weeks. If you have any of the listed symptoms that have stayed the same or gotten worse, and lasted more than 5 weeks, then you may be experiencing maternal depression or anxiety.

4 | YOU DID NOTHING TO CAUSE THIS.

You are not a weak or bad person. You have a common, treatable illness. Research shows that there are a variety of risk factors that may impact how you are feeling, including your medical history, how your body processes certain hormones, the level of stress you are experiencing, and how much help you have with your baby. What we do know is, **THIS IS NOT YOUR FAULT.**

5 | THE SOONER YOU GET HELP, THE BETTER.

You deserve to be healthy, and your baby needs a healthy mom in order to thrive. Don't wait to reach out. Talk to someone you trust. **HELP** is available.



can help connect you find the support you need.

If you are having thoughts of harming yourself or baby, call 911 immediately.

6 | THERE IS HELP FOR YOU.

Harbor Psychiatry & Mental Health
Newport Beach: (949) 887-7187
Accepts CalOptima and private insurance
Services in Arabic, English, Farsi

Hoag Mental Health Center
Newport Beach: (949) 764-6542
Low cost/sliding scale fee
Services in English, Farsi, Spanish

Hoag Maternal Mental Health Clinic
Newport Beach: (949) 764- 5333
Accepts private insurance
Services in English

Mission Maternal Mental Health Intensive Outpatient Program
Laguna Beach: (949) 499-7504
Accepts private insurance
Services in English

OC Parent Wellness Program
Orange: (714) 480-5160
For moms and dads
All services are at no cost
Services in English, Portuguese, Spanish, Vietnamese

St. Joseph Caring for Mothers with Maternal Depression
Orange: (714) 771-8101
Accepts CalOptima & private insurance
Services in English, Spanish

Need more information before getting care?
Call or text with someone right away at
Postpartum Support International
1.800.944.4773
www.postpartum.net
Services in English, Spanish



Adapted from Postpartum Progress, www.postpartumprogress.com, where you can find out more on childbirth-related mental illness. This brochure is also available in Spanish, Chinese and Vietnamese.

www.maternalmentalhealthnow.org

6 THINGS

Every New Mom & Mom-To-Be Should Know About Maternal Depression

