



Me + My Baby

Health Plan 
of San Joaquin

Feeling anxious or depressed?

You may feel worried, nervous, sad, tired or simply different from how you're used to feeling. That is normal and you are not alone, it's often called Baby Blues.

Baby Blues can happen 1-3 days after you give birth & can last up to 2 weeks. They can also happen during pregnancy or any time during your baby's first year.



What are Baby Blues?

They are feelings of sadness after giving birth and it's normal to feel this way. Your body just went through a lot. Common signs and warnings:

- Anger.
- Trouble focusing.
- Not feeling attached to your baby.
- Worry / Sadness.
- Crying / Mood Swings.
- Hunger problems.
- Feeling overwhelmed.
- Wanting a lot of alone time.

Baby Blues happens to about 80% of women. Think of your 5 closest friends. There's a chance that of these 5 people 4 of them got the Baby Blues after giving birth.

Do you feel like it's more than just the Baby Blues? These feelings can be strong, and they can last up to 2 months or longer. It can change how you care for yourself and your baby. This could be postpartum depression.

1 in 10 moms go through Postpartum Depression



It can start a few days or even weeks after pregnancy.

Getting Help: BEACON Health Services

Call HPSJ's behavioral health partner, **BEACON** at **888.581.PLAN(7526)**.

Prenatal Health Educational Materials are available for free download. Visit our prenatal program page at www.hpsj.com/prenatal.