

HOW ARE YOU REALLY FEELING?



- Like the worst mother in the world
- Afraid to be alone with your baby
- Sad or empty
- Hopeless or trapped
- Irritable or easily angered
- Overwhelmed or anxious
- Uninterested in things that used to bring you pleasure
- Exhausted but unable to sleep or want to sleep all the time



POSTPARTUM DEPRESSION

and related illnesses are the most common complications of childbirth.

**YOU ARE NOT ALONE.
THERE IS HELP.**

Talk to your health care provider and visit us at
www.ppdmanitoba.ca

 **PPDAM**
*Postpartum Depression
Association of Manitoba*