

The Edinburgh Postnatal Depression Scale (EPDS) is a widely used screening tool that can indicate whether a person has symptoms of depression and anxiety. This tool is not intended to provide a diagnosis, but can assist those who need further assessment.



## What to do next?

### 1.) I have been able to laugh and see the funny side of

As much as I ever did  
Definitely not so much now  
Rather less than I used to  
Not at all

### 2.) I have looked forward with enjoyment to things

As much as I ever did  
Definitely not so much now  
Rather less than I used to  
Not at all

### 3.) I have blamed myself unnecessarily when things went wrong

As much as I ever did  
Definitely not so much now  
Rather less than I used to  
Not at all

### 4.) I have been anxious or worried for no good reason

No, not at all  
Yes, sometimes  
Hardly ever  
Yes, quite often

### 5.) I have felt scared or panicky for no good reason

No, not at all  
Yes, sometimes  
Hardly ever  
Yes, quite often

### 6.) Things have been getting on top of me:

Yes, most of the time I haven't been able to cope  
Yes, sometimes I haven't been coping as well as usual  
No, most of the time I've coped quite well  
No, I have been coping as well as usual

### 7.) I have been so unhappy I've had trouble sleeping:

No, not at all  
Yes, sometimes  
Hardly ever  
Yes, quite often

### 8.) I have felt sad or miserable most of the time

No, not at all  
Yes, sometimes  
Hardly ever  
Yes, quite often

### 9.) I have been so unhappy that I have been crying

Yes, most of the time  
Yes, quite often  
Only occasionally  
No, never

### 10.) The thought of harming myself has occurred to me

Yes, most of the time  
Yes, quite often  
Only occasionally  
No, never

If you are experiencing any of these symptoms and need help: **contact your health professional (e.g. nurse, midwife, family doctor)**

They may suggest more specialized service, or you can self-refer to the Women's Health Concerns Clinic at **905-522-1155**

If you need immediate/urgent assistance, contact: **Crisis Outreach and Support Team (COAST) at 905-972-8338, call 911 or go to your nearest Emergency Department**

IT'S OK  
NOT TO  
BE OK



Learn the signs of Post Partum Mental Health challenges and how to talk to your doctor



St. Joseph's  
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## BABY BLUES

**Baby blues typically begin within the first two to three days after delivery, and may last for up to two weeks.**

Can affect up to 50% of women and be resolved without treatment.

- Mood swings
- Mild anxiety
- Mild sadness
- Mild irritability
- Feeling overwhelmed
- Emotional sensitivity, crying more easily
- Mild difficulty adapting to the new baby

## PERINATAL DEPRESSION

**Symptoms usually develop within the first few weeks after giving birth, but may occur up to a year after birth.**

1 in 7 women who give birth experience depression.

- Persistent low mood
- Difficulty bonding with your baby
- Withdrawing from family and friends

- Reduced pleasure in activities you used to enjoy
- Guilt
- Irritability
- Feelings of shame and inadequacy
- Wanting to escape
- May or may not trigger thoughts of suicide

## PERINATAL ANXIETY

**Experiences of anxiety are often overlooked but are just as disabling as depression.**

- Feeling overwhelmed
- Nervousness
- Out of control with worries
- Guilt
- Tension
- Irritability
- Sleep problems
- Difficulty concentrating
- Appetite changes
- Exhaustion

**PARTNERS CAN EXPERIENCE POST-PARTUM SYMPTOMS TOO!**



**WOMEN'S HEALTH CONCERNS CLINIC IS HERE TO HELP:**

- Group therapy
- Medication
- Advocacy

