

Plano Women's Healthcare, P.A.

Drs. Jacobs, Umholtz, Diaz, DaVolio , Mos and Licker

Postpartum Depression Handout

Commonly new mothers experience fear, sadness, anxiety, and anger after childbirth. When these feelings are mild and last only 1-2 weeks, it is referred to as the *postpartum blues*. When the symptoms linger for weeks and months and subsequently interfere with daily functioning, the condition is known as *postpartum depression*. There are many factors believed to trigger and aggravate this condition so patient awareness is key.

Below we have provided a list of professional resources that can help you understand and deal with this very serious condition. Please feel free to contact them if the need arises. And as always, we are here to serve your healthcare needs and are happy to discuss any issues you may have.

Postpartum Resource Center of Texas (Multi-lingual)

811 Nueces

Austin, TX 78701

1-877-472-1002- Toll Free Telephone Assistance Line

www.texaspostpartum.org

Mental Health Association of Greater Dallas

624 N. Good- Latimer Ste. 200

Dallas, TX 75204

214-871-2420

www.mhadallas.org

Texas Department of Health

Family Health, information & Referral Line

1-800-422-2956