



KANE COUNTY  
MENTAL HEALTH COUNCIL  
*making a difference ...together*

# Message of the Month...

For May 2008

## Kane County Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- Ecker Center for Mental Health Services  
847-695-0484
- Family Counseling Service of Aurora  
630-844-2662
- Family Service Association of Greater Elgin Area  
847-695-3680
- Gateway Foundation/Aurora  
630-966-7400
- Kane County Health Department 630-208-3801
- Larkin Center 847-695-5656
- League of Women Voters  
630-365-2138
- Mental Health & Mental Retardation Services, Inc.  
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- Provena Mercy Medical Center  
630-801-2657
- Provena St. Joseph Hospital  
Suicide Prevention Services 630-482-9696
- TriCity Family Services  
630-232-1070
- Greater Elgin Family Care Center 847-608-1344
- Visiting Nurse Association of Fox Valley 630-978-9835
- Senior Services Association  
847-741-0404
- Delnor Community Hospital  
630-208-3000

## "Baby Blues:" Every Mother Sings Them!

Having a baby is a joyful experience-right? Everyone is happy for you! So why is it that up to 80% of mothers feel "baby blues" and 10-20% experience the clinical diagnosis of Postpartum Depression (PDD)? With a previous history of depression or mental illness, these percentages increase and the symptoms are far more severe. "Baby Blues" and the clinical and more serious Postpartum Depression, is related to the increase of the levels of estrogen and progesterone during pregnancy and consequent sudden drop of hormonal levels at childbirth. This in addition to change in routine, role responsibility and relationships may cause the mother to feel sad, tired, irritable, or discouraged. After a few days or up to two weeks, the hormones return to normal and the woman begins to feel better. However, the clinical diagnosis of Postpartum Depression may be present when the woman experiences:

- Anxious feelings and mood swings that continue all day for many consecutive days
- Difficulty concentrating
- Loss of appetite, sleep, or interest in friends, hobbies and other pleasurable experiences
- Feelings of being overwhelmed, helpless or worthless
- Indifferent or negative feelings toward her baby

If the primary caregiver is effected by PDD, the ability to form attachment with the new baby is also effected. A child of a mother with PDD may become withdrawn, irritable, inconsolable or have difficulty with regulation. The child's own mental health and physical health can be seriously compromised.

PDD is treatable! If you have symptoms of, or know someone that may be experiencing PDD, make an appointment or encourage your friend to see her doctor. If the symptoms are severe, don't wait!

In addition to making an appointment with a doctor:

### **Take care of yourself:**

Be with and talk to others Ask for and accept help

### **Take care of your spouse/friend:**

Check in regularly with her. Listen to and support her.

**INFO CORNER: Postpartum Depression (PDD)** (American Psychological Association): is a serious mental health problem characterized by a prolonged period of emotional disturbance, occurring at a time of major life change and increased responsibilities in the care of a newborn infant. PPD can have significant consequences for the new mother and family. Helpful Links: [www.postpartum.net](http://www.postpartum.net); [www.kidshealth.org](http://www.kidshealth.org); [www.apa.org](http://www.apa.org)