

如果心情壓抑，就大聲說出來

六大須知之事

每位新媽媽和準媽媽都應當瞭解孕產婦抑鬱症



1

孕產婦抑鬱症是常見症狀。

孕產婦抑鬱是妊娠的第一併發症。在美國，每年有 15% 至 20% 的新媽媽（即，大約 100 萬名婦女）出現圍產期情緒症狀和焦慮症，一些研究表明，這一數字可能會更高。

您並非在孤軍奮戰。

孕產婦抑鬱症可影響任何一個女人，不論其年齡、收入、文化或教育狀況如何。

2

您可能會出現以下的其中一些症狀。

- 悲傷感。
- 情緒波動：情緒忽高忽低，感覺不堪重負。
- 注意力難以集中。
- 對過去喜愛的事情缺乏興趣。
- 睡眠和飲食習慣發生變化。
- 恐慌、緊張和焦慮。
- 過分擔心自己的寶寶。
- 有傷害自己或自己寶寶的想法。
- 擔心自己無法照顧好寶寶。
- 內疚感和缺陷感。
- 難以接受成為母親身份。
- 不合理的想法；看到或聽到不存在的東西或事情。

女性描述自己感受的一些方式包括：

我時刻都想哭。

我感覺我的情緒就像過山車一樣。

我的身體再也不能恢復到以前。

我認為我的寶寶不喜歡我。

一切都顯得那麼辛苦。

3

症狀可在妊娠期間的任何時候出現，並且可持續到孩子一周歲時。

4

產後抑鬱會自然發生。

您不是一個脆弱的人，也不是一個壞人。每個人都會患上可治療的常見疾病。研究表明，有各種風險因素可能會影響您的感受，這些因素包括：您的病史、您的身體如何處理某些激素、您所遭受的壓力水準、以及您在寶寶上獲得了多少幫助。我們所知道的是：**這不是你的錯。**

5

越早治療，效果越好

您的身心應該是健康的，而且您的寶寶需要有一位健康的媽媽才能茁壯成長。尋求幫助，不要再等待。您可隨時獲得幫助。最近的研究表明，寶寶的健康和發展與您的身心健康有著直接的聯繫。

6

您可獲得幫助。

每個女人都可能會在一生的某個時刻需要幫助。**現在**，是時候您應該向護理專業人員尋求幫助了，他們具備圍產期抑鬱症方面的知識，可幫助您度過這次危機。他們能理解您正經受的痛苦，並指導您如何通向康復之路。如要瞭解附近的轉介機構和支持，請聯繫 2-1-1 或 Postpartum Support International（產後支援國際組織），聯繫方式：[1.800.944.4773](tel:18009444773) 或 www.postpartum.net。

改編自《Postpartum Progress》，www.postpartumprogress.com，在此，您可找到更多分娩相關精神疾病的資訊。

本專案由“心理健康服務法案預防與早期干預 DMH 護士-家庭合作計畫”(Mental Health Services Act Prevention and Early Intervention DMH Nurse-Family Partnership Program) 提供資金支持。

LOS ANGELES COUNTY PERINATAL MENTAL HEALTH TASK FORCE
(洛杉磯縣圍產期心理健康專責小組)
www.maternalmentalhealthla.org

欲瞭解護理支援以及資源方面的資訊，請致電
2-1-1 或

1.800.944.4773 聯繫 Postpartum Support International
(產後支援國際組織)
或聯繫您的醫療保健提供者

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SPEAK UP WHEN YOU'RE DOWN

6 THINGS

EVERY NEW MOM & MOM-TO-BE
SHOULD KNOW ABOUT
MATERNAL DEPRESSION



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For caring support and resources contact
2-1-1 or

1.800.944.4773 Postpartum Support International
or contact your healthcare provider

1

Maternal depression is common.

It is, the number one complication of pregnancy. In the US, 15% to 20% of new moms, or about 1 million women each year experience perinatal mood and anxiety disorders, and some studies suggest that number may be even higher.

YOU ARE NOT ALONE.

Maternal depression can affect any woman regardless of age, income, culture, or education.

2

You might experience some of these symptoms.

- Feelings of sadness.
- Mood swings: highs and lows, feeling overwhelmed.
- Difficulty concentrating.
- Lack of interest in things you used to enjoy.
- Changes in sleeping and eating habits.
- Panic attacks, nervousness, and anxiety.
- Excessive worry about your baby.
- Thoughts of harming yourself or your baby.
- Fearing that you can't take care of your baby.
- Feelings of guilt and inadequacy.
- Difficulty accepting motherhood.
- Irrational thinking; seeing or hearing things that are not there.

Some of the ways women describe their feelings include:

I want to cry all the time.

I feel like I'm on an emotional roller coaster.

I will never feel like myself again.

I don't think my baby likes me.

Everything feels like an effort.

3

Symptoms can appear any time during pregnancy, and up to the child's first year.

Baby blues, a normal adjustment period after birth, usually lasts from 2 to 3 weeks. If you have any of the

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listed symptoms, they have stayed the same or gotten worse, and you're 5 to 6 weeks postpartum, then you are no longer experiencing baby blues, and may have a perinatal mood or anxiety disorder.

4

You did nothing to cause this.

You are not a weak or bad person. You have a common, treatable illness. Research shows that there are a variety of risk factors that may impact how you are feeling, including your medical history, how your body processes certain hormones, the level of stress you are experiencing, and how much help you have with your baby. What we do know is, **THIS IS NOT YOUR FAULT.**

5

The sooner you get treatment, the better.

You deserve to be healthy, and your baby needs a healthy mom in order to thrive. Don't wait to reach out for **HELP**. It is available. Recent studies show that your baby's well-being and development are directly tied to your physical and emotional health.

6

There is help for you.

There comes a time in every woman's life when she needs help. **NOW** is the time to reach out to a caring professional who is knowledgeable about perinatal depression who can help you through this time of crisis. He or she can understand the pain you are experiencing and guide you on the road to recovery. Contact 2-1-1 or Postpartum Support International, **1.800.944.4773** or www.postpartum.net, for referrals and support near you.

Adapted from *Postpartum Progress*, www.postpartumprogress.com, where you can find out more on childbirth-related mental illness.

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