

Family's Pledge

The following symptoms should be discussed with a health professional as soon as possible:

- Ashamed, “not yourself,” overwhelmed, drained excessive crying, lonely
- Helpless, mood swings, full of doubts, appetite changes, physical symptoms
- Hopelessness, worthlessness, low self-esteem, oversensitive, distracted
- Confused, extremely agitated, panic attacks, inability to laugh
- Loss of control, loss of confidence, thoughts of hurting self or baby, scary fantasies, hallucinations

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The following are fairly normal feelings to have; however, if these symptoms appear excessive, or appear to be worsening, contact your care provider.

- Sad, weepy, anxious
- Isolated, resentful, angry
- Exhausted, guilty, tense

I will support this new mother by looking for, helping her through and getting help if needed, for any symptoms of possible postpartum depression. This is my conscious act of loving and caring for her.

Signed: _____
Date: _____ Dr. _____
Contact Number: _____

Postpartum Depression Task Force of East Tennessee 2005

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