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

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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 mood disorders. 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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