

## What is NJPRSN?

Funded by the NJ Department of Health, NJPRSN includes four non-profit organizations dedicated to your emotional well-being.

Our free services include:

- emotional support for individuals who are pregnant or postpartum,
- assistance for those experiencing perinatal loss, and
- referrals to mental health resources (i.e., counseling services and support groups).

Bilingual staff and phone interpretation are available.

## NJPRSN Network Grantees

- Central Jersey Family Health Consortium
- My Kota Bear, Inc.
- Partnership for Maternal & Child Health of Northern NJ
- The Cooperative



## WHEN TO REACH OUT

If you are more than two weeks postpartum and are not feeling like yourself, emotionally, it's important to talk with your health care provider or midwife.

They can offer support and help you start feeling like yourself again. You're not alone—help is always available.

## RESOURCES FOR PERINATAL MENTAL HEALTH

### Emergency Help Lines

- 988 Suicide and Crisis Lifeline: **988 (call/text)**
- Maternal Mental Health Hotline:  
**1-833-TLC-MAMA (1-833-852-6262)**

### Non-Emergency Help

#### NJ Family Health Line:

1-800-328-3838

Monday - Friday  
8:00 AM - 6:00 PM

#### Connecting NJ

[nj.gov/connectingnj](https://nj.gov/connectingnj)

#### Peer Support Groups

Information at the QR code below

Additional resources and grantee contact information:

[linktr.ee/NJPRSN](https://linktr.ee/NJPRSN)

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**New Baby = New Emotions**

## New Jersey Postpartum Resources and Support Network (NJPRSN)

**The Baby Blues and  
Signs of Something  
More Serious**

## Baby Blues vs. Postpartum Depression

It's common for about 80% of people to experience the **"baby blues"** during the first two weeks after childbirth. This is often caused by the natural hormonal shifts in your body after delivery. You might feel:

- Sad or tearful
- Anxious or overwhelmed
- A mix of emotions

The good news is that these feelings typically improve on their own within two weeks.

### What is Postpartum Depression?

If you're still feeling sad or anxious after two weeks, you might be experiencing a perinatal mood and anxiety disorder (**PMAD**). The signs and symptoms of PMADs can vary from person to person, and may include:

- Excessive crying
- Irritability, anger, or rage
- Constant worry or anxiety
- Loss of interest in things you once enjoyed

If these symptoms last longer than two weeks or interfere with your ability to enjoy life, it's important to seek help from a professional. Call 988 immediately if you are having thoughts of harming yourself or others.



## FAQs

### How long will I be postpartum?

The postpartum period lasts for one year after giving birth, but emotional and physical changes can continue beyond that.

### Can I have depression and/or anxiety during my pregnancy?

Yes, these conditions can occur during pregnancy and are called perinatal depression and anxiety. It is just as important to get help during pregnancy as it is after birth.

### What is the difference between baby blues and postpartum depression?

Baby blues are temporary and usually go away within two weeks. Postpartum depression lasts longer and can affect your ability to function or enjoy life.

### Sometimes I worry that something will happen to my baby. Is that normal?

Some worry is normal, but if it becomes overwhelming or constant, it might be a sign of postpartum anxiety.

### Can I have both depression and anxiety?

Yes, it is common to have symptoms of both at the same time.

### What is the difference between depression and anxiety?

Postpartum depression involves feelings of sadness, hopelessness, or disconnection, while postpartum anxiety includes excessive worry, fear, or racing thoughts.

### Am I going crazy?

No, you're not. **PMADs** are real medical conditions. With the right support, you can feel better.

### My partner is feeling very sad. Can he/she have postpartum depression?

Yes, one in ten partners can have postpartum depression. They also need to seek help.

**You are not alone.  
PMADs are temporary  
and treatable.  
With the right support,  
you will feel better.**

