

# Supporting Motherhood and More



Being a mother is one of the hardest jobs to do, and struggling with mental health can make that hard job seem impossible. Adjusting to motherhood can be overwhelming, especially if you're experiencing stress, baby blues or postpartum depression and anxiety. You're not alone, our groups are here for you.

We offer support groups for women who are experiencing unexpected and difficult emotions during pregnancy and throughout the first year.

- You feel overwhelmed, like "I can't do this."
- You feel irritated or angry. You may feel resentment toward your baby, your partner or your friends.
- You worry that if you reach out for help, people will judge you.
- You may be wondering if you were supposed to be a mother in the first place.

This is an open group. You're welcome to attend at any time, at no cost to you.

Reservations are preferred but not required. Contact the hospital campus closest to you for additional information and questions.

## Locations

### Mease Countryside Hospital

Shaffer Tower

Conference Room, 5th floor

3231 McMullen Booth Road,

Safety Harbor

Contact: (727) 462-3200 or

postpartumsupportservices@baycare.org

### St. Joseph's Women's Hospital

Medical Office Building

Suite 305, 3rd floor

3030 W. Dr. Martin Luther

King Jr. Blvd., Tampa

Contact: (813) 872-3925 or

perinatalsupportservices@baycare.org

To register: (800) 229-2273



# Edinburgh Postnatal Depression Scale

Often times during pregnancy and after delivery, conditions may change and unexpected hormonal changes can occur. It is very common for women to develop symptoms of depression or anxiety while pregnant and after having a baby.

Please be as open and honest as possible when answering the following questions. Select the answer which comes closest to how you have felt during the past several days, not just how you are feeling today.

## In the past seven days:

**1. I have been able to laugh and see the funny side of things**

- 0 Yes, all the time
- 1 Not quite so much now
- 2 Definitely not so much now
- 3 Not at all

**2. I have looked forward with enjoyment to things**

- 0 As much as I ever did
- 1 Rather less than I used to
- 2 Definitely less than I used to
- 3 Hardly at all

**3. I have blamed myself unnecessarily when things went wrong**

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, never

**4. I have been anxious or worried for no good reason**

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

**5. I have felt scared or panicky for no very good reason**

- 3 Yes, quite a lot
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

**6. Things have been piling up on me**

- 3 Yes, most of the time I haven't been able to cope at all
- 2 Yes, sometimes I haven't been coping as well as usual
- 1 No, most of the time I have coped quite well
- 0 No, I have been coping as well as ever

**7. I have been so unhappy that I have had difficulty sleeping**

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 Not very often
- 0 No, not at all

**8. I have felt sad or miserable**

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 No, not very often
- 0 No, not at all

**9. I have been so unhappy that I have been crying**

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, ever

**10. The thought of harming myself has occurred to me**

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

If your total score is 10 or higher, please contact your physician.

If the score is less than 10, you may repeat the screen weekly.

## For more information:

**(813) 872-3925 or [perinatalsupportservices@baycare.org](mailto:perinatalsupportservices@baycare.org)**

Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

