

Maternal Mental Health



**ESTES PARK
HEALTH**

Accept Support from Family and Friends

You don't have to do it all yourself

Let family and friends help with childcare and other activities of daily living such as housework, meal preparation and transportation. This will free your time for the things you need to do to get better and to spend time with your baby. Here are some tips for family and friends:

Here's what I need you to listen for:

- Do I say that I think something is wrong?
- Do I say I just don't feel like myself?
- Do I express feelings of inadequacy, failure or hopelessness?
- Do I complain a lot about how I feel physically (headache, stomachaches, chest pains and shortness of breath)?
- Do I tell you the baby would be better off without me?
- Do I tell you I'm a bad mother?

Here's what I need you to say:

- Tell me you will do whatever I need you to do to make sure I feel healthy.
- Tell me you are keeping an eye on how I am feeling so things won't get out of hand.
- Tell me you love me.
- Tell me I'm a good mother.
- Tell me it's okay if things aren't perfect all the time.

Here's what I need you to remember:

- I'm doing the best I can.
- Sometimes the big things that seem scary at first aren't as scary as more subtle things.
- If I begin to show symptoms, chances are things will not become better on their own.

Here's what I need you to do:

- Check in with me on a regular basis. Ask me how I'm feeling and ask me what you can do to help.
- Help me even if I don't ask.
- Insist that I rest, even if I'm not able to sleep.
- Make sure I eat, even if I'm not hungry.
- If you are the slightest bit worried, encourage me to contact my doctor and therapist. If I protest, tell me that you will call them for me and come with me to the appointment.
- Help with the baby during the night so I don't get sleep deprived which would make everything worse.
- Help me find joy. Help me stay present and appreciate the little things.

Estes Park Health Services

Physician Clinic
Outpatient Services
Urgent Care Center
Emergency Department
Ambulance/EMS
Level IV Trauma Center
General Surgery
Orthopedic Surgery
Medical/Surgical Unit
Swing Bed Care

Birth Center

Diagnostic Imaging
Laboratory Services
Rehabilitation Services
Home Health Services
Hospice Care
Living Center/Skilled Nursing

**For immediate
help, call the
Birth Center
direct line:
970-577-4577**

More 

Here's what I need you NOT to do or say:

- Do not assume I am fine because I say I am.
- Do not tell me to snap out of it. I can't.
- Do not tell everyone how well I'm doing if I'm not doing well.
- Please do not tell me I am strong and can do it without help if I need help.
- Do not complain about the cost of treatment.
- Please do not do anything behind my back. If you are worried, let me know. If you want to call my doctor, let me know you are doing this.
- Do not forget to take care of yourself during this time

General Resources

Call your provider

Dr. Koschnitzke: (970) 586-2200

Dr. Lampey: (970) 726-6778

Salud: (970) 586-4961

Postpartum Support International

Warmline: 1-800-944-4773

www.postpartum.net

Local Resources: Larimer/Boulder County

Sarah Hills, LPC: (720) 250-6610

934 Big Thompson Ave, Estes Park

Postpartum Wellness Center: (303) 955-6809

2300 Canyon Blvd #4, Boulder

Summitstone Health Partners (accepts Medicaid): (970) 586-9105

1950 Red Tail Hawk Drive, Estes Park