

Coping with Postpartum Depression

Here are some ways to help:

- Get lots of rest
- Eat a healthy diet
- Exercise regularly
- Don't be afraid to ask for help
- Avoid stress
- Make time to go out
- Find time for yourself
- Keep a journal of your feelings
- Discuss your feelings with others
- Talk to your doctor about how you feel
- Connect with a support group



Health Care Agency
Behavioral Health Services
Prevention & Intervention



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Orange County Postpartum Wellness Program OCPPW

792 W. Town & Country Road, Bldg. E
Orange, CA 92868
Phone: (714) 480-5160
Fax: (714) 836-4359

Depression can occur for any mother within the first year of child birth. The Orange County Postpartum Wellness Program provides early intervention services and short-term mental health intervention for mothers who experience mild to moderate symptoms of depression.



OCPW provides the following services:

- Screening and assessment
- Postpartum wellness classes
- Individual therapy
- Group therapy
- Postpartum wellness community outreach
- Case management

Referral Process:

The Orange County Postpartum Wellness Program considers all individual referrals from the community, as well as self-referrals that meet the program criteria for Orange County residents. For more information please contact:

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If you experience the following for more than two weeks, please see your doctor:

No energy	Feeling anxious
Feeling lonely	Change in appetite
Restlessness	Feeling Moody
Difficulty making decisions	Feeling confused
Hopelessness	Unable to laugh
Feeling overwhelmed	Confusion
Sadness	Feeling guilty
Loss of interest in activities	

