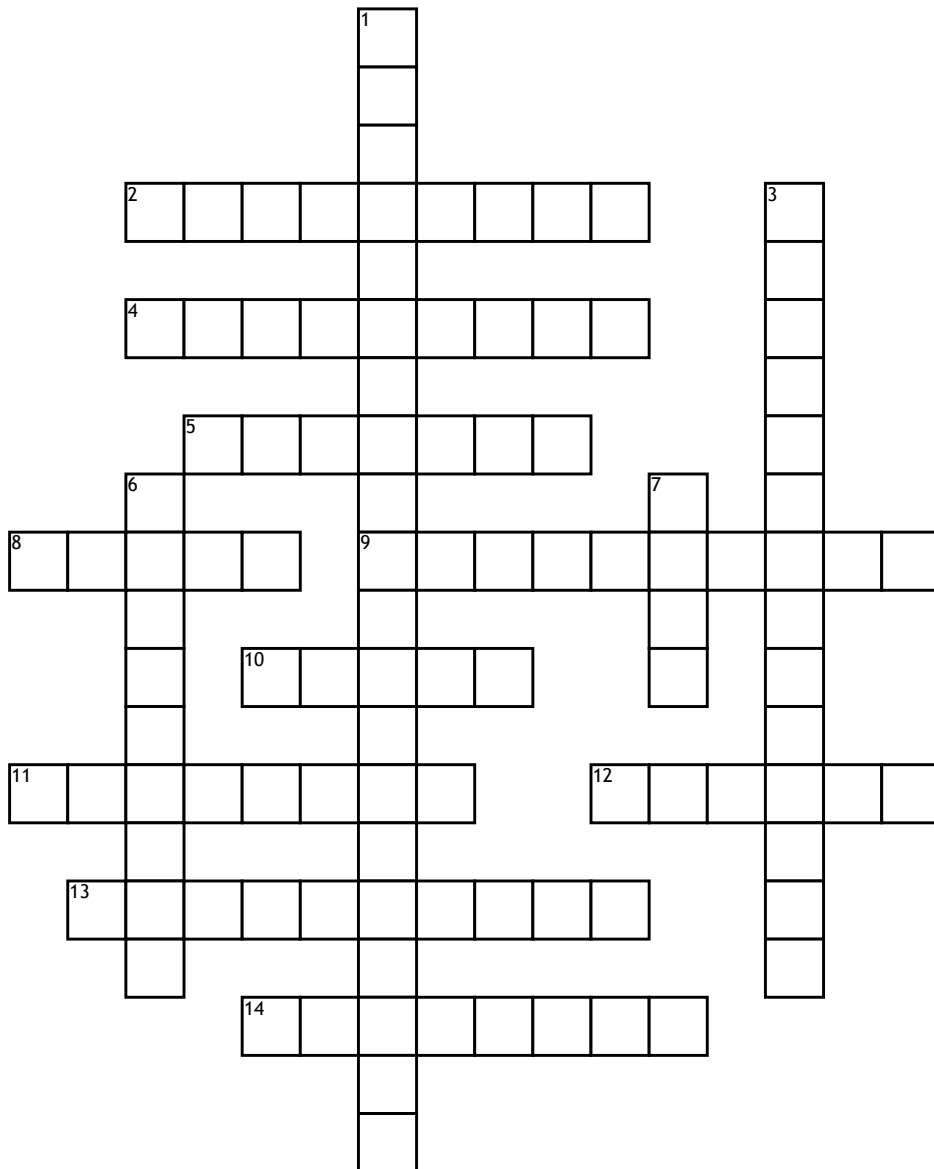


Perinatal Mood Disorders



Across

- 2. a sign of baby blues
- 4. spending less time with friends or
- 5. a risk factor for postpartum depression and anxiety
- 8. crisis outreach and support team
- 9. sometimes used to manage depression
- 10. ways to help yourself

11. ways to help yourself

- 12. Can be a sign of Baby Blues and Postpartum depression
- 13. you may not have energy, interest in life, and/or the will to make things
- 14. percent of women who become depressed while pregnant or after giving birth

Down

- 1. Symptoms last longer than two weeks
- 3. hearing or seeing things that are not there
- 6. Occurs in the first 2-5 days after birth
- 7. ways to help yourself