



www.dallaspps.com

Dallas Postpartum Support

A personal note from Kim



Kim Kertsburg, LCSW is a licensed clinical social worker living in the Dallas area with her husband and two rascally boys. She began her career in the mental health field in 1996.

Kim's passion is motherhood. She has devoted her career to women experiencing depression and anxiety symptoms related to pregnancy and the postpartum period. Kim Kertsburg, LCSW understands that feeling like yourself again is critical to a soon-to-be or new mom. Her single goal is to help you reclaim your life, your motherhood and your joy.

Learn More about Kim: at www.dallaspps.com/

To my courageous moms,

Motherhood, whether you are a newbie or veteran, can be pure elation and joy. It can also be a time of doubt, fear, vulnerability and exhaustion. There are a lot of unknowns and even more conflicting advice. Sometimes you can feel overwhelmed, grateful, joyous and despairing all at the same time. How can that be?

Well-meaning friends and family may say, "Isn't this the best time of your life?", "Aren't you just the happiest mommy?" You may feel like saying, "Yes, but..... I'm crying a lot, I feel sad and I can't get control of my emotions." Or, "I'm worrying all the time, I'm having difficulty concentrating and I'm having scary thoughts about things happening to my baby." Or, I hear most often, "This isn't what I expected."

Moms, trust your instincts. Do you feel like something isn't quite right? If you feel that way, most likely it's not. To be straightforward, these feelings may be symptoms of postpartum depression and likely won't go away on their own.

- Postpartum depression is the MOST frequent medical complication of childbirth. So please know, you are not alone.

- 1 in 7 moms will experience Postpartum Depression.

There is hope. Postpartum Depression is very treatable.

You do not have to suffer in silence, praying this will pass. With help, you will not always feel like this and I know steps we can take to get you feeling better. Contact me and I can help.

Kim Kertsburg, LCSW

Kim Kertsburg, LCSW

Did You Know?



1 in 7 moms will experience
Postpartum Depression.

Recovery is a phone call away, please
contact Kim Kertsburg, LCSW today.

Tel: 214-300-5333

Address: Meadow Park Tower
10440 N. Central Expressway, Suite 800
Dallas TX, 75231

Postpartum Depression (PPD) Information



Do You Have PPD?

Postpartum Depression (PPD) is an umbrella term that describes various mood and anxiety disorders after childbirth. PPD usually presents with symptoms of both depression and anxiety, causing a very agitated depression. Unfortunately, PPD often goes undetected and misdiagnosed.

SYMPTOMS OF POSTPARTUM DEPRESSION

- Mood swings
- Crying
- Hopelessness
- Insomnia
- Loss of sexual interest
- Sadness
- Irritability
- Guilt
- Feeling worthless
- Appetite changes
- Anger
- Withdrawn
- Fatigue
- Overwhelmed
- Diminished interest in pleasurable activities
- Diminished ability to concentrate
- Suicidal thoughts/thoughts of death
- Thoughts of wishing you weren't here
- Thoughts of wanting to run away

SYMPTOMS OF POSTPARTUM ANXIETY

- Feeling an impending sense of doom & worry
- Anxiety/panic attacks
- Obsessive thoughts/behaviors
- Feeling fearful
- Sleep disturbances
- Racing thoughts
- Feeling edgy
- Racing heartbeat
- Nausea
- Fear of losing control
- Irritability
- Restlessness
- Fatigue
- Difficulty concentrating
- Insomnia
- Intrusive thoughts or images
- Avoidance of people or places
- Having scary thoughts about you or your baby

About 80% of new mothers feel weepy, tired and moody within the first two weeks after delivery. If you are experiencing any of these symptoms after that timeframe or if you are just concerned about the way you are feeling, please call. Whether you are pregnant or postpartum, we can help.

Recovery is a phone call away, please contact Kim Kertsburg, LCSW today.

Tel: 214-300-5333



ask Kim

Q

I feel so anxious and worried all the time, like I'm waiting for the other shoe to drop. I can't even sleep when the baby is sleeping! Could I have Postpartum Depression?

A

Yes. Postpartum Depression (PPD) tends to be a very agitated depression and can present in various ways with symptoms of both anxiety and depression. Being worried all the time and extreme fatigue are common symptoms of PPD. Please contact your healthcare provider and speak with a loved one about how you are feeling. And certainly you can call Dallas Postpartum Support. We know exactly how to help.

Q

I'm having scary thoughts about bad things happening to my baby. I worry I will hurt him. I know I never would, I don't want to tell anyone. Am I crazy?

A

Scary thoughts are a common symptom of PPD. The fact that you are upset by them is a good sign- because they go against your belief system and values. Scary thoughts tend to come in the form of negative things happening to you or your baby. You might obsess over thoughts or pictures that replay in your mind. If you feel like keeping these thoughts to yourself, don't. This is actually a great time to get some help and process through what you are thinking.

Q

Isn't this supposed to be the happiest time of my life? This isn't what I expected.

A

Precious mom, I know. I hear that a lot. Sometimes our dreams of motherhood are a bit different than our realities. We all have a few bad days here and there, but if you add PPD on top of normal motherhood stresses, you will be robbed of this special time. You deserve to be your best self during this amazing journey called motherhood.