

WHAT IS DEPRESSION?

Depression is not the same as the hormonal mood changes mentioned above.

Depression (also known as major depressive disorder) is a common and serious mood disorder that is assessed and diagnosed and treated by a mental health and/or medical professional.

If you have depression, you might:

- Lose interest in things you used to enjoy.
- Feel very tired.
- Have appetite or sleep changes.
- Have problems concentrating or making decisions.
- Have persistent intense sadness
- Experience feeling helpless, hopeless or worthless.
- Feel like hurting yourself or others.

If you are experiencing any of the above symptoms for an extended period and are concerned, seek medical attention.

****This pamphlet is not a substitute for a health professional's opinion or care.**

AFTER YOUR ABORTION:

HORMONAL CHANGES

Woman's Health Options

12409 – 109A Ave. NW

Edmonton, AB T5M 4A7

Ph: 780-484-1124

www.womanshealthoptions.com

Hormonal Changes

After your abortion, you *may* have mood changes for a while.

These feelings are normal. They typically start about 4 to 6 days after your abortion as your hormones drop back to pre-pregnancy levels. They usually go away after a few days and shouldn't last longer than 1 or 2 weeks.

Feeling sad, or angry can happen after any pregnancy, abortion or miscarriage and can be different each time. Experts aren't entirely sure why some people feel this way while others don't. Like morning sickness, these feelings are hard to explain.

If you are really noticing these hormone changes, you might:

- Feel very happy, then feel very sad.
- Feel lonely and cry easily.
- Get angry easily.
- Have trouble sleeping.

What can help with mood changes?

- **Take naps.** Try to rest or sleep when you can.
- **Develop simple routines.** Create less stress for yourself.
- **Find time for yourself each day.** Even a 5-minute break for yourself can help.
- **Accept your feelings.** Give yourself permission to experience painful feelings when you are ready; often we are harder on ourselves than anyone else could be.
- **Take a walk.** Physical movement like walking reduces stress.
- **Talk about feelings.** Talking can make changes and difficult times easier.
- **Talk to other people who have had abortions.** Talking to others who have had similar experiences can be a big help.
- **Stay in touch with friends.** They can offer support and cheer you up.

RESOURCES

Woman's Health Options

Ph: 780-484-1124

Free – short term counselling

www.womanshealthoptions.com

The Distress Line

In Edmonton

Ph: 780-482-HELP (4357)

Outside Edmonton 24-hour confidential support over the phone.

Ph: 1-800-232-7288

Momentum Walk-In Counselling

9562 – 82 Ave. Edmonton

Ph: 780-757-0900

Free counselling, open some evenings

www.momentumcounselling.org

YWCA Counselling Services

<https://ywcaofedmonton.org>