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# Mummy's Guidebook

Navigating postpartum depression



## Introduction

Hi! We are a group of students from NTU's Wee Kim Wee School of Communication and Information. Our guidebook is a culmination of our final year project, designed to offer resources for mothers navigating postpartum depression. We hope this guidebook is useful for mummies!

**Just a quick note:** This booklet is for educational purposes and is not a replacement for professional advice. Please consult a medical professional for matters related to medical conditions, diagnoses, and treatment. Take care!

To learn more about our project, visit [beyondbbbsg.carrd.co](https://beyondbbbsg.carrd.co).



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## Contents

03 What is Postpartum Depression?

---

04 Differentiating Baby Blues and PPD

---

07 It's self-care time!

---

08 Blooming through PPD: Reflections and Milestones

---

11 PPD Resources

# What is Postpartum Depression?

Postpartum depression (PPD) is a medical condition that many women get after childbirth. It causes prolonged feelings of sadness, anxiety and fatigue, making it difficult to take care of yourself and your baby. In Singapore, PPD affects around **10 to 15%** of women who give birth.

## **Common symptoms of PPD include:**

- Persistent feelings of sadness
- Loss of interest or pleasure in activities
- Significant weight loss or gain
- Sleep disturbances
- Fatigue or loss of energy
- Difficulty concentrating or making decisions
- Irritability and agitation
- Feelings of guilt or worthlessness
- Withdrawal from family and friends

Source: SWC Medical Group, KK Women's and Children's Hospital



## Is it PPD or baby blues?

Motherhood's emotional waves can leave you wondering: are these just "baby blues" or something deeper? While both involve tears and anxieties, here are the key differences between PPD and baby blues:

	Baby Blues	Postpartum Depression
<b>Timing</b>	Occur within the first week or two of childbirth	Typically occurs within the first weeks after childbirth, but can occur anytime within the first year
<b>Duration</b>	Resolves within a few days to weeks on its own	Can persist for weeks or months if left untreated
<b>Prevalence</b>	Affects 80% of new mothers	Affects 10-15% of new mothers
<b>What causes it?</b>	<ul style="list-style-type: none"><li>• Hormone changes</li><li>• Adjustments to responsibilities from having a baby</li></ul>	<ul style="list-style-type: none"><li>• Past psychiatric history</li><li>• Complicated pregnancy</li><li>• Infant care challenges</li><li>• Lack of social support</li><li>• Past upbringing</li></ul>
<b>Severity</b>	Symptoms do not significantly impair daily functioning	Symptoms are severe and significantly impact daily functioning

Source: SWC Medical Group

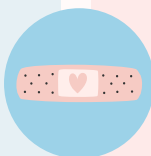


# Myths and facts of PPD

Let's demystify some common PPD myths and understand the facts!

## Myth

PPD is not serious and will go away on its own.



## Fact

PPD is a serious condition, but it is treatable. Early intervention plays a vital role in treatment!

PPD only occurs in the first few months following childbirth.



PPD can occur at any point during the first year after a baby is born.

Having PPD means I am a bad mother.



PPD is a challenge you are facing and not a reflection of your abilities as a mother. Please speak to a professional and seek help when you need it.

If I did not have PPD after my first baby, this means I am immune to having it.



PPD can occur after any childbirth regardless of previous experiences. Each pregnancy and postpartum period is unique.



# What should I do if I experience symptoms of PPD?

If you're experiencing symptoms of PPD, please know that you're not alone and there are things you can do to feel better. Here are some key steps:

- **Seek professional help:** Talk to your healthcare provider (GP, obstetrician, pediatrician) or a mental health professional as soon as possible. They can diagnose PPD and recommend the best course of treatment, which may include therapy and medication.
- **Embrace support:** Lean on your partner, family, friends, or a support group for new moms. Connecting with others who understand what you're going through can offer solace.
- **Prioritise self-care:** This might sound simple, but it's essential. Get enough sleep, eat healthy foods, exercise regularly, and find time for activities you enjoy. Remember, taking care of yourself is not selfish, it's necessary for your well-being and your ability to care for your baby.

Source: SWC Medical Group, KK Women's and Children's Hospital



# It's self-care time!

PPD can make even the simplest tasks feel overwhelming. But amidst the storm, remember: self-care is your lifeline. Here are some self-care tips:

- **Embrace nature:** Soak up the sun in the park, or listen to the soothing sounds of birdsong.
- **Move your body:** Gentle walks, dance, yoga - your mood will thank you.
- **Meditate for mindfulness:** Focus on your breath, letting worries drift away like passing clouds.
- **Nurture your creativity:** Write, paint, sing - rediscover your passions.
- **Nourish your body:** Eat nutritious foods, stay hydrated, and get enough sleep.
- **Schedule "me-time":** Even 15 minutes of uninterrupted time for yourself can make a world of difference. Read a book, take a warm bath, or simply sit in silence and enjoy the moment.

Source: National University Hospital (NUH), KK Women's and Children's Hospital

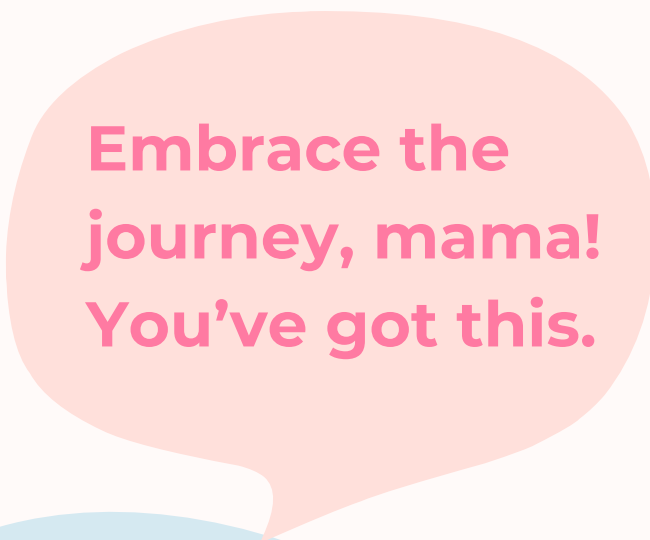






# Blooming through PPD: Reflections and Milestones

These pages are a companion to navigate PPD. Some days you'll need gentle words of validation, others a space to celebrate how far you've come. Turn these pages when you need a boost, a smile, or a moment to pat yourself on the back.



**Embrace the  
journey, mama!  
You've got this.**



# DAILY REMINDERS

Navigating postpartum challenges is demanding, but certain daily reminders can be powerful anchors. These can be the keys to managing emotions and fostering a sense of resilience during your PPD journey.

## 1 Make Time for Yourself

It is important to take a break from mummy duties so that you can return refreshed and energised to care for you and your child. Do something you enjoy, or meet family and friends from time to time :)

## 2 Set Realistic Expectations

Pace yourself and avoid conquering every task in a day, or alone – think about what you can fit within your schedule, and if you complete it, you're good!

## 3 Talk to Someone

It can be anyone, even a stranger online who may be going through the same thing as you! By sharing your concerns, it can help you better articulate your thoughts and emotions, providing an outlet to relieve your stress.

## 4 Ask for Help

Help can come in many forms: asking a family member or friend to help with chores, or even visiting the doctor for PPD.


It is not a sign of weakness, but a sign of growth :)

## 5 Stay off Social Media if Needed


Often times, glamorous posts by other mummies can make self-comparison inevitable, resulting in feelings of inadequacy.

Consider taking a break from social media or unfollowing accounts that make you feel less confident.


Remember, each mother's journey is unique, and you're doing an amazing job in your own way.



**"Healing is somewhere between being gentle with yourself and pushing yourself to grow."**  
– E. Maloku



**"No one can do your healing work for you but that doesn't mean you have to do it alone."**  
– Empowered Mama Co.




**"You are not all over the place. You are in process."** – [www.maternalwelness.org](http://www.maternalwelness.org)



# FLOWER LOVE LANGUAGE

We have handpicked some self-love quotes to get you mummies through tough times in your PPD journey.  
Which one speaks to you the most?



**"It doesn't matter how slow you go, as long as you don't stop."**  
– Confucius


**"The way they do it doesn't need to be the way YOU do it."** – [www.maternalwelness.org](http://www.maternalwelness.org)




**"Never confuse a single defeat with a final defeat."**  
– F. Scott Fitzgerald



**"There's no way to be a perfect mother and a million ways to be a good one."**  
– Jill Churchill



**"Sometimes the strength of motherhood is greater than natural laws."**  
– Barbara Kingsolver



**"Self-care is how you take your power back."**  
– Lalah Delia

# PPD Resources

## PPD Self-assessment Tools

*If you're feeling blue, or experiencing any of the symptoms associated with postpartum depression, visit your assigned gynaecologist or take a quick online assessment via the Healthhub website.*

- **Edinburg Postnatal Depression Scale (EPDS)**

Website: <https://www.healthhub.sg/programmes/parent-hub/depression-scale>

*(Note that this is a self-assessment and not a medical diagnosis; Recommended for mothers who had delivered in the past six months or up till a year.)*

## Support Groups

*Find strength in shared stories and support – join a mummy-friendly community, where understanding hearts await to journey with you through postpartum challenges.*

- **Mindful Mums by Alliance Counselling**

Website: [www.moremindful.me/](http://www.moremindful.me/)

RSVP to Mindful Mums events via this [Meetup link](#)

Mindful Mums support group offers workshops, resources, and an empathetic space. The group, emphasising mindfulness techniques, believes in creating a supportive platform for mothers to share their experiences and challenges of motherhood without judgement or the expectation of parenting advice.

- **New Mothers' Support Group (NMSG)**

Website: [www.nmsgsingapore.com](http://www.nmsgsingapore.com)

Email: [nmsgsingapore@gmail.com](mailto:nmsgsingapore@gmail.com)

IG: @nmsgsingapore

FB: [NMSG New Mothers' Support Group Singapore](#)

NMSG is a non-profit which organises events, talks and networking sessions for expectant and new parents in Singapore. NMSG aims to assist families in building friendships, sharing parenting experiences, and providing valuable resources for the journey of raising young children in Singapore.

- **Stork's Nest Singapore**

FB: [Stork's Nest Singapore](#)

FB group for working mums: [Working Moms Support Group by Stork's Nest Singapore](#)

Stork's Nest Singapore is a support group focusing on pregnancy/babies/toddlers. The founder, Jani Combrink, is a certified lactation consultant who makes herself and her team readily available to all mums in need.

## Support Groups (cont.)

- **Breastfeeding Mothers' Support Group (BMSG) by SCWO**

Website: [www.breastfeeding.org.sg/](http://www.breastfeeding.org.sg/)

Whatsapp: 6339 3558

Email: [office@breastfeeding.org.sg](mailto:office@breastfeeding.org.sg)

FB: [Breastfeeding Mothers' Support Group Singapore \(BMSG\)](#).

BMSG fosters a community of support through events like coffee mornings and seminars, advocating for the importance of breastfeeding and providing emotional support and information to help mothers overcome the challenges of breastfeeding.

- **RED Space by Singapore Muslim Women's Association**

Website: [www.ppis.sg/redspace](http://www.ppis.sg/redspace)

Call: 6744 0258

WhatsApp: 9144 7473

Email: [red@ppis.sg](mailto:red@ppis.sg)

RED Space is a valuable resource platform dedicated to bridging resource gaps and enhancing women's access to holistic services by offering an array of services including legal support, career guidance, and wellness programs. Singapore Muslim Women's Association (i.e. PPIS) aims to support women empowerment through childcare support and family counselling.

***Find more support groups and like-minded mummies to interact and share your experiences with on online forums (e.g. [Singapore Motherhood](#), [MummySG](#)) and Facebook groups.***

## Hotlines

*Help is just a call away—reach out to emergency and mental health hotlines, where compassionate ears are here to provide a lifeline for a mother's toughest moments.*

- **Samaritans of Singapore (SOS)**

24-hour Hotline: 1767

24-hour CareText via WhatsApp: 9151 1767

Email: [pat@sos.org.sg](mailto:pat@sos.org.sg)

SOS is dedicated to providing confidential emotional support to individuals facing a crisis, thinking about suicide or affected by suicide. Non-religious and not-for-profit, their work focuses on crisis intervention and suicide prevention, intervention and postvention.

## Hotlines (cont.)

- **Association of Women for Action & Research (AWARE)**

Helpline: 1800 777 5555 (Mon - Fri, 10am - 6pm)

Request a chat or call-back: <https://www.aware.org.sg/womens-care-centre/callback-chat/>

General enquiries: 6779 7137

AWARE's CARE services provide case management, counselling, legal advice, befriending and other assistance to women in need to address issues such as workplace harassment, poverty, and domestic violence.

- **Institute of Mental Health (IMH)**

24-hour Helpline: 6389 2222

Email: [imh\\_appt@imh.com.sg](mailto:imh_appt@imh.com.sg)

IMH is Singapore's only tertiary psychiatric care institution, offering a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly.

- **Crisis Triage**

For help, SMS or Whatsapp: 9323 9345

Website: [www.crisis triage.org](http://www.crisis triage.org)

Crisis Triage is Singapore's First Crisis Messaging Service, available to support any type of crisis you are in. They believe that help-seeking should be easy, accessible and intuitive and shouldn't be limited to the kind of crisis you're experiencing.

- **Singapore Association for Mental Health (SAMH)**

Helpline: 1800 283 7019

For General Enquiries: 6255 3222

SAMH believes in improving the lives of persons with mental health issues through rehabilitation and reintegration. They provide emotional and practical support to beneficiaries, their families and caregivers.

- **Babes Pregnancy Crisis Support Ltd (Babes)**

24hr Hotline: 6206 6641

24 Hr Whatsapp text: 3135 1351

Email: [hello@babes.org.sg](mailto:hello@babes.org.sg)

Committed to ensuring that every pregnant teenager in need of help is supported, the organisation is also involved in outreach to increase awareness of issues related to teenage pregnancy via various channels.

## Mummy Interest Groups

*Heal with like-minded mothers and explore interest groups where the therapeutic power of arts, yoga, language learning, and shared hobbies becomes a source of support and rejuvenation for postpartum well-being.*

- **Mama on Palette**

Website: <https://www.mamaonpalette.com/>

IG: @mamaonpalette

FB: Mama on Palette

Mama on Palette is a group of mothers passionate about arts, aesthetics, and mental wellness. The Mama on Palette members get together to share inspirations about arts and parenting, suitable for mamas in love with aesthetic things, or keen on sharing or learning some art skills.

- **Mums Club**

Website: [www.mumsclub.sg/](http://www.mumsclub.sg/)

WhatsApp: 8111 6068

Email: [wecare@mumsclub.sg](mailto:wecare@mumsclub.sg)

Mums Club is a space where all mothers come together to share their maternal acumen and insights on motherhood. Mums Club members are entitled to enjoy babycare gifts, discounts and be invited to events and workshops organised by MumsClub.

- **Discover more activities at your nearest [People's Association Singapore](#) or check out [Meetup](#) for mum gatherings and interest groups in your area.**
- **For Pregnancy, Postnatal and Baby-bonding activities, check out [Eventbrite](#) for upcoming events.**

## Counselling, Psychiatric and other services

*Through counselling and psychiatric services, foster mindfulness, gain insights into patterns, and develop coping skills — a mother's tailored support service with personalised care to navigate postpartum depression.*

*\*Note that respective fees apply to each service.*

- **Alliance Counselling**

Call: 6466 8120

Whatsapp: 9188 9412

Email: [admin@alliancecounselling.com.sg](mailto:admin@alliancecounselling.com.sg)

Alliance Counselling is a team of 30 multilingual counsellors and psychologists based in Singapore. They provide professional support and guidance to men, women, couples, children, teenagers and families.

- **aLife**

Website: [www.alife.org.sg/about](http://www.alife.org.sg/about)

Call: 6258 8816

WhatsApp: 9183 4483

Email: [contact@alife.org.sg](mailto:contact@alife.org.sg)

aLife Limited is a secular non-profit Institute of Public Character (IPC) charity organisation. They offer a comprehensive suite of services catering to the growing needs of young families, couples contemplating marriage, individuals and families going through challenging times.

- **Better Life Psychological Medicine Clinic**

Website: [www.better-life.sg/](http://www.better-life.sg/)

Call: 6250 8077

Email: [clinic@better-life.sg](mailto:clinic@better-life.sg)

Better Life provides a wide variety of services that cater to the unique needs of each individual, such as Psychotherapy, Psychodynamic, Family Therapy services while specialising in children and adolescent mental health support

- **Embrace Physiotherapy**

Website: [www.embracephysio.sg/](http://www.embracephysio.sg/)

Call: 9780 7274

Email: [help@embracephysio.sg](mailto:help@embracephysio.sg)

Open from Mon - Sat

Embrace Physiotherapy is a specialist Women's Health & Pelvic Floor clinic exclusively catering to women in Singapore. They offer pre and postnatal physiotherapy, taking care of your pelvic health concerns from adolescence, throughout the childbearing years to menopause and beyond.

- **Holding Ground**

Website: <https://www.holdingground.sg/>

To make a booking, call: 8508 4846 / 8512 5246

Email: [wellness@holdingground.sg](mailto:wellness@holdingground.sg)

Holding Ground offers a holistic support system for all mothers, fostering their overall well-being, empowering and thriving through life's changes and challenges, prioritising mental health and positive family relationships. Their services include Psychotherapy, Art Therapy and Clinical assessments.



### Counselling, Psychiatric and other services (cont.)

- **Mindcare Clinic**

Website: [www.mindcarespecialists.com/](http://www.mindcarespecialists.com/)

Call: 67055 111 / 6908 0810

Email: [info@mindcarespecialist.com](mailto:info@mindcarespecialist.com)

Mindcare Clinic offers individualised, evidence-based treatment of various modalities including pharmacotherapy (medications) and psychotherapy (talk therapy), managing specific issues including pregnancy, perinatal mood and parenting challenges.

### Hospital Care and Medical Professionals

*Do not fear, the doctor is here —seek the guidance of a trusted medical professional or gynaecologist in your journey towards healing and well-being. Many mothers often worry about the safety of antidepressants, but there are options available for pregnant or lactating women that are clinically beneficial.*

*(Public hospitals with standardised screening procedures for PPD):*

- **KKH Women's Mental Wellness Service**

For a consultation, call the Appointments Hotline: 6294 4050

For advice about PPD, email: [pnd@kkh.com.sg](mailto:pnd@kkh.com.sg)

- **NUH Women's Emotional Health Service (WEHS)**

Call: 6772 2037

Email: [wehs@nuhs.edu.sg](mailto:wehs@nuhs.edu.sg)

Operating Hours: Mondays – Fridays: 8.30am to 5.30pm

NUH's WEHS aims to provide personalised and holistic emotional care and support for women during pregnancy and the first postnatal year. The WEHS team provides integrated care through our collaboration with obstetricians, medical social workers, gynaecology oncologists and community psychosocial service providers.

- **Doctor Anywhere (Telehealth)**

Website: <https://doctoranywhere.com/>

To book an appointment, download the app on the App Store or Google Play.

Doctor Anywhere is a tech-enabled, omni-channel healthcare service provider in Asia. Video-consult a Singapore-licensed doctor online anytime, anywhere, and get medication delivered to your doorsteps within 3 hours.

## Polyclinics

- **Punggol Polyclinic (Integrated Maternal and Child Wellness Hub)**

For an appointment, call: 6643 6969

Email: [punggolpolyclinic@singhealth.com.sg](mailto:punggolpolyclinic@singhealth.com.sg)

Launched in 2019, the Integrated Maternal and Child Wellness Hub (IMCWH) is Singapore's first community hub for child development and maternal health. It expands on existing polyclinic services and also provides mothers with nutritional advice for their children, lactation support, and screening for PPD to help them adjust to their new roles.

## Shelter homes

*Seek solace in safe spaces and shelters where compassion and support await for mummies navigating postpartum challenges at home.*

- **Safe Place by Lakeside Family Services**

Website: [www.safeplace.org.sg/](http://www.safeplace.org.sg/)

Email: [safeplace@lakeside.org.sg](mailto:safeplace@lakeside.org.sg)

Call: 6817 4202

WhatsApp: 8891 4214

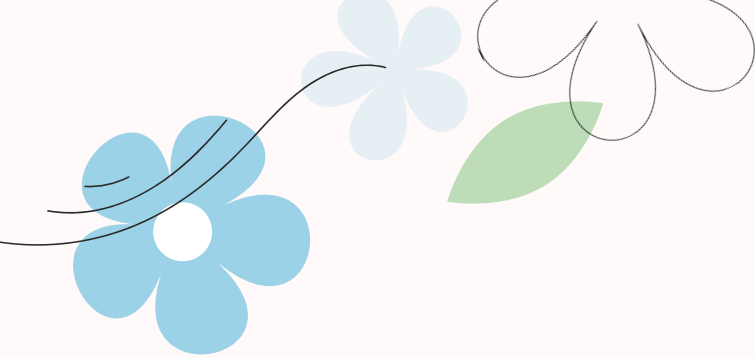
Safe Place, with a focus on helping women with unwanted pregnancies, seeks to empower women to equip themselves with life skills for themselves and their child, embrace motherhood with confidence and hope. This includes case management and counselling, providing temporary accommodation, and partner referrals.

- **Star Shelter by SCWO**

Website: <https://www.scwo.org.sg/what-we-do/services/star-shelter/>

Email: [starshelter@scwo.org.sg](mailto:starshelter@scwo.org.sg)

The Star Shelter is a direct service of SCWO and it is the only secular shelter for women in Singapore. It is a safe space for women and children who are survivors of family violence, providing them with accommodation, clothing, and food, and catering to their emotional needs with therapy and educational programmes.



# Mummy's guide to postpartum depression

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