

# Postpartum Depression

## What is it?

- Postpartum means the time after childbirth.
- Most women experience "baby blues" several days following child birth and last two or three weeks - these symptoms include feeling sad, empty, anxious, fearful, and having mood swings
- 1 in 7 women have a more severe form of baby blues known as postpartum depression

## What are the symptoms?

- Depressed mood and severe mood swings
- Difficulty bonding with baby
- Loss of appetite
- Inability to sleep
- Fatigue and loss of energy
- Withdrawing from friends and family
- No longer interested in hobbies
- Fear of not being a good mother
- Hopelessness and feeling of worthlessness
- Severe anxiety and panic attacks
- Thoughts of harming self or baby
- Thoughts of suicide

## When should you reach out for help?

- Symptoms last longer than 2 weeks
- Symptoms are getting worse
- Symptoms are making it hard to complete daily tasks or take care of the baby
- Symptoms include thoughts of self harm, harming the baby, or suicide

## How can you get help?

- Postpartum Support International (PSI): 1-800-944-4773
- Make an appointment with your doctor and/or a mental health provider
- Join a support group and avoid isolation
- Work with yourself, family, and friends to set realistic expectations for yourself as you are learning how to be a mother

