



POSTPARTUM DEPRESSION END THE STIGMA

PPD IS NOT A FLAW OR WEAKNESS.

Most new moms experience postpartum “baby blues” brought on by changes in hormones, sleep, diet, and activity. Some experience a more severe, long-lasting form known as postpartum depression (PPD), which may interfere with the ability to care for one’s baby and handle tasks. Symptoms usually develop in the first few weeks after giving birth, but may begin during pregnancy or up to a year later.

WHAT’S AT STAKE?

Relationships: difficulty bonding with your baby, withdrawing from family and friends

Moods: severe mood swings, irritability and anger, hopelessness, guilt, shame

Physical: loss of appetite, eating much more than usual, loss of energy

Mental: reduced interest in activities, diminished ability to concentrate or make decisions

WHO’S AT RISK?

Factors that put someone at greater risk for postpartum depression include: personal or family history of depression, bipolar disorder, stressful events during the past year (pregnancy complications, illness, job loss, etc.), baby has health problems or other special needs, relationship problems with spouse or partner, weak support system, and financial problems.





**PPD
AFFECTS
UP TO 15%
OF NEW
MOTHERS**

HOW TO HELP OTHERS

- Know the signs of depression
- Be a good listener
- Avoid judgment
- Offer to help with daily tasks and child care
- Make sure they understand that help is available
- Help them seek medical attention

HOW TO HELP YOURSELF

You may be reluctant or embarrassed to admit feeling depressed after your baby's birth. But if you experience any symptoms, call your health care professional and schedule an appointment. Call your provider as soon as possible if the symptoms: don't fade after two weeks, are getting worse, make it hard for you to care for your baby, make it hard to complete everyday tasks, or include thoughts of harming yourself or your baby.

**YOU ARE NOT ALONE.
HELP IS AVAILABLE.**