Get the Facts: Postpartum Depression

• Most new mothers experience “postpartum blues,” or weepiness, mood swings, sadness, and anxiety. If the feelings get better within a few weeks after the birth, this is usually considered a “normal” part of childbirth.

• Postpartum depression is a more serious problem. It does not go away in a few weeks, and it interferes with everyday activities, including taking care of the baby.

• Approximately 10 percent of women experience postpartum depression within 1 year after the birth of a child.

• Symptoms of postpartum depression include:
  o Excessive concern or disinterest in baby
  o Trouble sleeping or sleeping too much
  o Talk of hurting the baby
  o Trouble making decisions
  o Lack of energy
  o Crying a lot
  o Feeling worthless
  o Feeling sad or hopeless
  o Feelings of guilt
  o Unexplained headaches or pain
  o Loss of interest in daily activities
  o Restlessness
  o Withdrawal from family and friends
  o Appetite changes (increase or decrease)

• There is help for women with depression!

• Common treatment includes talking with a professional counselor, taking antidepressant medication, or a combination of both.

• Other things you can do to help fight depression include:
  o Keeping active
  o Eating properly
  o Getting out of the house
For more information, visit: www.bluetoyou.org.