



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:
 - Excessive concern or disinterest in baby
 - Trouble sleeping or sleeping too much
 - Talk of hurting the baby
 - Trouble making decisions
 - Lack of energy
 - Crying a lot
 - Feeling worthless
 - Feeling sad or hopeless
 - Feelings of guilt
 - Unexplained headaches or pain
 - Loss of interest in daily activities
 - Restlessness
 - Withdrawal from family and friends
 - 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:
 - Keeping active
 - Eating properly
 - Getting out of the house



- Sharing concerns with others
- Doing things that bring enjoyment
- Reducing stress
- Taking a break
- Find help to care for the baby

For more information, visit: www.bluetoyou.org.

Leigh Ann Simmons; MFT, PhD
former Assistant Professor
Department of Family Studies

Ester Edwards, BS
Graduate student
Department of Family Studies

Leslie Crofford, MD
Professor,
College of Medicine

Laura Stephenson, PhD
Program Leader,
Family and Consumer Sciences Extension

April 2010

Copyright © 2010 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.