

UNDERSTANDING & COPING WITH POSTPARTUM DEPRESSION

From sleep deprivation to learning how to parent, you face a lot of challenges as the parent of a newborn. As you adjust, you may have mild mood changes or feelings of sadness. This is normal. These “baby blues” will often go away after a few weeks.

*But some parents of infants have more serious symptoms. We call this **postpartum depression**.*

If you, your child, or someone you know is thinking about suicide or self-harm:

- **Call or text 988**, the National Suicide & Crisis Lifeline.
- Or go to the nearest hospital emergency room.

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Studies have shown that as many as 1 in 5 mothers and 1 in 10 partners have postpartum depression.

What is postpartum depression?

It can start anytime during pregnancy or the first year after the baby's birth.

It doesn't just affect first-time parents, either. It can happen even if you didn't have it with your other children.

Symptoms might include:

- Feelings of anger or irritability.
- Lack of interest in the baby.
- Changes in appetite or sleep.
- Crying and sadness.
- Feelings of guilt, shame or hopelessness.
- Loss of interest, joy or pleasure in things you used to enjoy.
- Possible thoughts of harming the baby or yourself.

Diagnosis and treatment:

Only a health care provider can diagnose postpartum depression. But if you think you have it, **make an appointment right away**. There are treatments that may help:

- **Medicine.** Your health care provider may want to prescribe medicines to help treat your symptoms. If you're nursing, be sure to let your provider know. They can help you choose medicines that are safe in lactation.
- **Counseling.** Talking to a psychologist or therapist can also help. You can learn ways to recognize when you have negative thoughts. This helps you know how to better deal with them.

National Maternal Mental Health Hotline

Call or Text
1-833-943-5746 (1-833-9-HELP4MOMS)
24/7, Free, Confidential Hotline for Pregnant and New Moms in English and Spanish.

postpartum.net

