



## Postpartum Depression

A serious emotional illness occurring after childbirth



### Signs

- Crying
- Headaches
- Constipation/diarrhea
- Insomnia
- Change in appetite
- Feeling worthless
- Loss of energy
- Inability to concentrate
- Lack of concern for personal appearance
- Irritability
- Hostility
- Panic disorders
- Perceiving the infant as demanding and/or difficult
- Anxiety
- Withdrawing or avoiding people – difficulty socializing with people
- Mania (feeling speeded up)



### What to Know

- Postpartum depression usually occurs four weeks after delivery, and may take a few weeks to reach its peak.
- Postpartum depression can last three to 12 months.
- Postpartum depression affects 10 to 15 percent of women.

- Treatment is available for postpartum depression from your health care provider or mental health professional.
- Mothers need to know postpartum depression is not their fault.
- Risk factors for postpartum depression:
  - Previous postpartum depression
  - Complications of pregnancy and C-section childbirth, preterm, twins, etc.
  - Premenstrual syndrome
  - Thyroid imbalance
  - History of depression or bipolar disorder
  - Personal dissatisfaction
  - Dissatisfaction in relationship with partner
  - Dissatisfaction with level of education attained
  - Financial problems related to housing or income
  - Limited parental support in childhood and/or adulthood
  - Experienced separation from one or both parents during childhood or adolescence

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## What to Do

- Recognize the signs and risk factors for postpartum depression.
- Contact a health care provider for evaluation and treatment, which may include supportive counseling and the use of antidepressants.
- Continue to seek treatment until feeling better (feeling like your old self).
- Reach out to family and friends for support.



## When to Call Your Health Care Provider

- If symptoms continue for two weeks or more.
- If you experience any of the following episodes:
  - Confusion that interferes with daily activities
  - Hallucinations
  - Delusions
- Thought processes that turn toward harming yourself or your baby.
- For more information and support, you may call the Crisis Hotline:  
1.800.472.2911.

