

POSTPARTUM DEPRESSION



YOU MAY HAVE HEARD OF IT

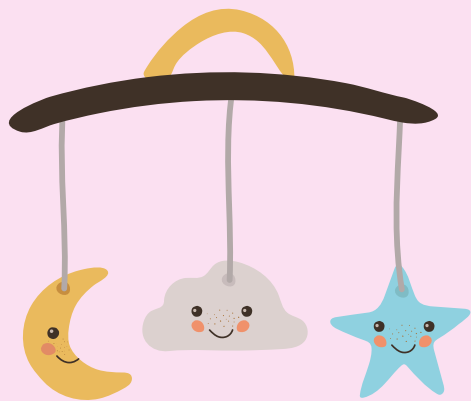
Many women experience feelings of sadness or emptiness within a few days after giving birth, but normally these "baby blues" go away in 3-4 days.

If these feelings of sadness and hopelessness do not go away after 2 weeks, this is known as postpartum depression.

IT IS A MENTAL ILLNESS

These feelings of depression are crucial to address, as they can interfere with a woman's life, mother-baby bonding, and the family connection.

It can range from being mild to severe.



IT IS COMMON

1 in 8 women experience it. Women are more likely to develop postpartum depression if they have dealt with depression earlier in their lifetime.

NEW MOMS OFTEN FEEL OVERWHELMED

And that is okay. It becomes an issue if it lasts a long period of time. Look out for abnormal signs such as thoughts of hurting baby or self, withdrawing from family and friends, and no interest in the baby or activities that used to be enjoyed.



TREATMENT OPTIONS

Your healthcare provider will assist you by helping to treat your postpartum depression. One common treatment is therapy. Another is medication, like an antidepressant, which must be prescribed.

Talk to your doctor about your options to find out what is best for you.

