



System Offering Actions for Resilience In Early Childhood

POSTPARTUM DEPRESSION



Postpartum depression (PPD) affects 1 out of 8 new mothers and can affect day-to-day life. However, PPD can be treated. Read below for more information about this type of depression.

What is postpartum depression?

It is a type of depression that is a long-lasting sadness and an illness that is like any other disease and requires care. It can happen in the first year after delivery, typically has symptoms that last longer than 2 weeks, and can affect your day-to-day life.

Why do women get postpartum depression?

Postpartum depression is a reaction to the body delivering a baby. During delivery, the body has chemicals named hormones that drop and can cause several reactions: mood swings, depression, excessive crying, a change in appetite, or any of the symptoms below. When it comes down to it, chemical imbalances are the cause of postpartum depression.

What are the symptoms?

- Loss of interest in activities
- Loss of pleasure in life
- Loss of energy and motivation
- Problems with sleep
- Irritability, anxiety, restlessness
- Feeling worthless and guilty
- Withdrawal from loved ones
- Change in appetite
- Crying a lot
- Having thoughts about hurting yourself or your baby*
- Strange visions*

If any of these last for more than 2 weeks and are affecting your daily life, talk to a professional health care provider. If you are experience any of the symptoms with an *, please see your doctor immediately.

What can you do if you have PPD?

The two main treatments for PPD are medication and therapy. However, you can cope with postpartum depression through talking to a loved one, asking your family for help with chores and errands, avoiding time alone, remembering it is okay to feel overwhelmed, and lastly, speaking with a doctor.