

COULD I HAVE POSTPARTUM DEPRESSION?

- 1 in 8 women suffer from postpartum depression
- 15% of women experience significant depression following childbirth

Postpartum Depression (PPD) can occur at any point following birth for up to a year. PPD is more than the baby blues. Most new mothers (about 80%) feel weepy, tired, overwhelmed and moody for a two to three weeks following birth. Use the information below and the screening test included in this binder (Edinburgh Post Natal Depression Scale) to help you sort out if what you are feeling is normal.

But no matter what the screening test and info say...

If you feel you need help, get it!

Ask your midwife. Ask your OB. Ask your doula. Ask your mother, your sister, your friend. Keep asking until someone listens. You deserve it and so does your baby.

Visit: www.postpartum.net or call 1.800.944.4PPD

Symptoms vary, but might include:

- Feelings of anger or irritability
- Lack of interest in the baby
- Appetite and sleep disturbance
- 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

Risk factors to consider:

- A personal or family history of depression, anxiety, or postpartum depression
- Premenstrual dysphoric disorder (PMDD or PMS)
- Inadequate support in caring for the baby
- Financial stress
- Marital stress
- Complications in pregnancy, birth or breastfeeding
- A major recent life event: loss, house move, job loss
- Mothers of multiples
- Mothers whose infants are in Neonatal Intensive Care (NICU)
- Mothers who've gone through infertility treatments
- Women with a thyroid imbalance
- Women with any form of diabetes (type 1, type 2 or gestational)