

# Let's talk about Peripartum Depression



## WHAT IT IS



A psychological mood disorder that affects pregnant women and new mothers. Often mothers with perinatal depression experience feelings of extreme sadness, anxiety, and hopelessness that may make it difficult for them to carry out daily tasks. Treatment is important for the health of the mother and baby



## WHAT IT ISN'T

"Baby blue's" is different from perinatal depression. Signs include experiencing feelings of worry, unhappiness, and fatigue.

Baby blues usually start 2-3 days after birth but get's better within two weeks without treatment.

## SIGNS AND SYMPTOMS



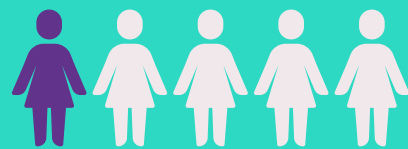
- Persistent sad, anxious, or "empty" mood and Irritability
- Feelings of guilt, worthlessness, hopelessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue or abnormal decrease in energy
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Abnormal appetite, weight changes, or both
- Trouble bonding or forming an emotional attachment with the new baby
- Thoughts about death, suicide, or harming oneself or the baby

## STATISTICS

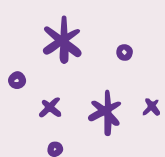
Over half of pregnant women with depression are not treated.



One in five women were not asked about depression during their prenatal visit.



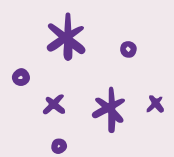
## TREATMENT AND SUPPORT



Recongining symptoms of a new mother is important first step to treatment

Friends and family can help by encouraging woman to talk with a healthcare provider and offer emotion and practical support

Types of treatment include psychotherapy and medication and most often a combination of the two.



### References

- Infographic: Identifying Maternal Depression | CDC. (n.d.). CDC. <https://www.cdc.gov/reproductivehealth/vital-signs/identifying-maternal-depression/index.html>
- Perinatal Depression. (n.d.). National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/publications/perinatal-depression>