

PERIPARTUM DEPRESSION

DEPRESSION DURING PREGNANCY AND AFTER CHILDBIRTH

Symptoms	Treatment	Self-help and Coping	Related Conditions
<ul style="list-style-type: none">• Feeling sad• having a depressed mood• Loss of interest in activities once enjoyed• Changes in appetite• Trouble sleeping or sleeping too much• Loss of energy or increased fatigue• Increase in purposeless physical activity• Feeling worthless or guilty• Crying for “no reason”	<ul style="list-style-type: none">• psychotherapy (talk therapy)• Medication<ul style="list-style-type: none">• SSRI• SNRI• Bupropion• Tricyclic Antidepressants• Lifestyle changes and supportive environment• A combination of these.	<ul style="list-style-type: none">• The support of family and friends• Joining a mom’s support group• Good nutrition• Exercise can be helpful• Resting as much as you can (sleep when your baby sleeps)• Make time to go out or visit friends.	<ul style="list-style-type: none">• Peripartum Anxiety• Peripartum Bipolar Disorder• Peripartum Psychosis

Reference

American Psychiatric Association (2021). What is Postpartum Depression. Retrieved October 27, 2021 from <https://www.psychiatry.org/patients-families/postpartum-depression/what-is-postpartum-depression>

Harrison (2020). Why We Need To Talk About Postpartum Depression. TEDx. https://youtu.be/K_3NITyblA