

# Postpartum Depression

## What is Postpartum Depression?

Postpartum depression (PPD) is a type of mood disorder that affects women after childbirth. It is characterized by feelings of extreme sadness, anxiety, and exhaustion that can make it difficult for new mothers to care for themselves and their babies



Without viable treatment, PPD could lead to chronic depressive disorder

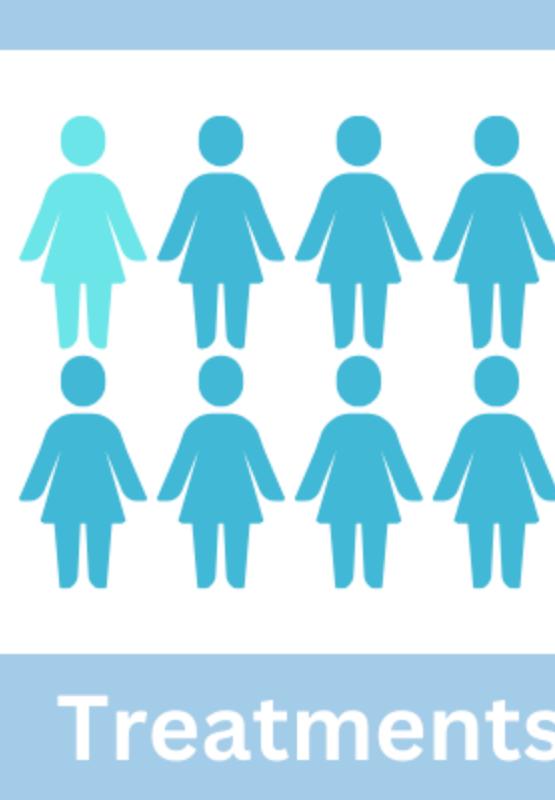


## Risk Factors

Though there is not one thing that can guarantee PPD, there are components that may increase the possibility. Risks include:

- History of depression
- Family history of mood disorders
- Pregnancy/birth complications
- Pregnancy was unplanned/unwanted
- Weak support system
- Baby experienced health issues
- Multiple births

**1 in 8**  
new mothers experience  
feelings of postpartum  
depression in the year after  
childbirth



## Symptoms

- Feelings of anger
- Feelings of severe sadness/hopelessness
- Unusual crying
- Thoughts physical harm
- Social withdrawals
- Loss of joy
- Irregular sleeping patterns



## Treatments

PPD varies per person, some cases can last months, others can last years. Treatments include:

- Psychotherapy
- Antidepressant medication
- Support groups
- Familial supports