

Recognizing Postpartum Depression

Hormones in the body or a stressful life event can cause chemical changes in the brain that lead to depression. Often, depression is not recognized or treated because some normal pregnancy changes cause similar symptoms. The symptoms of postpartum depression are similar to symptoms for depression, such as feeling sad, blue, or unhappy.

You can recover from postpartum depression. It is important to get treated early. If you are concerned about the way you are feeling, tell your healthcare team.

Providers often recommend two common treatments based on the degree of your depression: therapy and medicine. Therapy involves talking to a therapist, psychologist, or social worker. Providers can also prescribe medicine to help relieve the symptoms of depression.



Symptoms of postpartum depression include:

- Feeling numb or disconnected from your baby
- Having scary or negative thoughts about the baby (thinking someone will take your baby away or hurt your baby)
- Fearing that you will hurt the baby or yourself
- Feeling guilty about not being a good mom or ashamed that you cannot care for your baby
- Feeling restless, irritable, or sad (crying a lot)
- Either being overly concerned about the new baby or not concerned at all
- Having little or no energy, trouble sleeping well or focusing (difficulty remembering things or making decisions)