

Postpartum Depression

**Southeast Kansas
Mental Health
Center**



It's common for women to experience the "baby blues" following their baby's birth. But some women experience a much more serious mood disorder- postpartum depression.

Baby Blues

- Very common
- Usually starts 2–3 days after birth
- May experience feelings of worry, unhappiness, and fatigue
- Usually gets better on its own within 2 weeks

Postpartum

- Usually starts 1–3 weeks after birth
- Interferes with ability to do daily life activities
- Intense symptoms of sadness, anxiety, and hopelessness
- May include loss of interest in activities, withdrawing from friends and family, or thoughts of hurting self or baby
- Can occur up to a year after birth

Potential Symptoms of Postpartum Depression

- A loss of pleasure or interest in things you used to enjoy
- Eating much more, or much less, than you usually do
- Anxiety — all or most of the time — or panic attacks
- Excessive irritability, anger, or agitation - mood swings
- Sadness, crying uncontrollably for long periods of time
- Fear of not being a good mother
- Fear of being left alone with the baby
- Frightening thoughts
- A sense of misery
- Inability to sleep, sleeping too much, difficulty falling or staying asleep
- Disinterest in the baby, family, and friends
- Difficulty concentrating, remembering details, or making decisions
- Thoughts of hurting yourself or the baby



If you are having thoughts of hurting yourself or your baby, take action now:
1-800-PPDMOMS (1-800-773-6667) | www.1800ppdmoms.org

Risk Factors for PPD

- A change in hormone levels after childbirth
- Stress involved in caring for a newborn and managing new life changes
- Previous experience of depression or anxiety
- Family history of depression or mental illness
- Having a challenging baby who cries more than usual, is hard to comfort, or whose needs are irregular and hard to predict
- Having a baby with special needs (premature birth, medical complications, illness)
- First-time motherhood, young motherhood, or older motherhood
- Other emotional stressors, such as the death of a loved one or family problems
- Financial or employment problems
- Isolation and lack of social support

There is hope! PPD can be treated

Early detection and treatment make all the difference. If you or someone you know shows symptoms of depression and anxiety like the ones discussed here - either during pregnancy or after childbirth - a psychologist or other licensed mental health provider can help.

Effective treatments for Postpartum Depression include various forms of psychotherapy, often combined with antidepressant medication. You will learn how to develop skills to manage feelings and cope with problems.

Don't wait - Take action and seek treatment as soon as you notice any of these physical or emotional symptoms.

**Southeast Kansas
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whenever you need us.*

(866) 973-2241 | sekmhc.org

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