POSTPARTUM DEPRESSION & ANXIETY

What is Postpartum Depression (PPD)?
PPD is depression suffered by a mother following childbirth, typically due to a combination of hormonal changes and psychological adjustments to motherhood.

1 in 7 women experience POSTPARTUM DEPRESSION following childbirth.

Postpartum Depression (PPD) Symptoms
- Feelings of anger, irritability and/or sadness
- Feelings of guilt, shame or hopelessness
- Appetite and sleep disturbance
- Loss of interest in things you used to enjoy
- Lack of interest in the baby
- Thoughts of harming the baby or yourself

What is Postpartum Anxiety (PPA)?
Similar to postpartum depression, mothers can develop postpartum anxiety (PPA) and can experience stress and frustration. PPA can also involve physical symptoms as well.

6% of pregnant women have anxiety.
10% of postpartum women develop anxiety.

Postpartum Anxiety (PPA) Symptoms
- Changes in eating and sleeping
- Dizziness
- Hot flashes
- Rapid heartbeat
- Nausea
- Inability to focus or sit still

Treatment
Mothers who experience one or more of the listed symptoms should notify their primary care provider or contact Postpartum Support International (PSI) to find a mental health care provider specializing in depression and anxiety following childbirth.

ADAA offers a free online search tool of mental health professionals from our member community who specialize in anxiety, depression and/or co-occurring disorders. PSI also offers local coordinators and healthcare providers specializing in maternal mental health issues.

Are you a mother looking for help?
Call 1-800-944-4773 (4PPD) or Text 503-894-9453

Available 24 hours a day, you will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

Find more information and resources:
www.adaa.org • www.postpartum.net