

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.



ANXIETY AND DEPRESSION
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POSTPARTUM SUPPORT
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Find more information and resources:
www.adaa.org • www.postpartum.net