### 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](http://www.adaa.org)
- [www.postpartum.net](http://www.postpartum.net)