


Perinatal Mood & Anxiety Disorders

These illnesses affect **1 IN 5** women during pregnancy or the first year postpartum. 

 They are caused by changes in biology, psychology, hormones and environment.



Signs & Symptoms of Depression

It is normal to feel moody and tired after having a baby, but postpartum depression goes well beyond that. Its symptoms are severe and can impede your ability to function. Symptoms vary from person to person and even from day to day.

Symptoms may include:

- You feel sad and cry a lot, but are unsure why
- You are exhausted but cannot sleep
- You sleep too much and cannot find the energy to function
- You can't stop eating; or you have no interest in food at all
- You have unexplained aches, pains or illnesses
- You don't know why you are irritable, anxious or angry
- You feel out of control
- You have difficulty remembering things
- You can't concentrate or have trouble making simple decisions
- You have no interest in the things you used to enjoy
- You feel disconnected from your baby and wonder why you are not filled with joy as you expected to be
- You feel worthless
- You feel guilty about your feelings
- You feel like you can't open up because people will think you are a bad mother or take your baby away
- You withdraw from those closest to you
- You feel overwhelmed
- You feel hopeless
- You want to escape from everyone and everything
- You have intrusive thoughts about harming yourself or your baby

Ask for Help

If you have any of these symptoms, please know that it happens quite often to new moms and you are not to blame. **Talk with your OB, your family practitioner or your pediatrician immediately.** They can screen you for postpartum depression and connect you with resources that will help you recover.



You are not alone. You are not to blame. You will get well.