

How to Recognize

Postpartum Depression



Postpartum depression is a real issue that can strike any woman after childbirth, without warning. Hormone fluctuations can make even the most grounded and well-balanced mom feel “off.” For some postpartum depression goes beyond what is considered “normal.” If you suffer from 3 or more of the symptoms below, talk to your physician.

- I feel more tired than I think I should feel now that I’ve given birth.
- I feel overwhelmed now that the new baby is here, and I can’t think of what to do next.
- I don’t think I’m a good mother, and I’m not able to care for my baby like I want to.
- I have had bouts of depression in the past and/or it runs in my family.
- I am not the perfect mom I want to be.
- I don’t even know who I am anymore.
- I hate the way I look; I’m not even the same person.
- There is too much other stress in my life to be the mom I want to be.
- I use legal or illegal substances more than I should.
- I don’t have the support from my partner and family that I need.
- I feel like I’m going to “come unglued” at any moment, and I want to just run and hide.

Next Steps:

Talk to your Physician.

Talk to a Mental Health Expert.

Remember, you are not alone!

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