

Talk to your doctor about postpartum depression

For more information, please visit SeePPD.com



Postpartum depression (PPD) is the most common medical complication of childbirth. So a full discussion about PPD should be a routine part of your doctor appointments, both during your pregnancy and after your baby is born.

While only a doctor can provide a formal diagnosis of PPD, it's important to understand the signs and symptoms so you can recognize PPD should it arise.

PPD is not the same for all women, but the most common symptoms are:

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual
- Worrying or feeling overly anxious
- Feeling moody, irritable, or restless
- Oversleeping or being unable to sleep when the baby is asleep
- Having trouble concentrating and making decisions
- Frequent feelings of anger or rage
- Losing interest in activities that are usually enjoyable
- Suffering from physical aches and pains
- Eating too little or too much
- Avoiding friends and family
- Having trouble bonding with the baby
- Persistently doubting one's ability to care for the baby
- Thinking about harming oneself or the baby



Bring this guide along to your next visit with your OB/GYN or other healthcare provider.

In addition, if any of the following risk factors apply to you, tell your doctor.

- I have a history of depression or experience anxiety during pregnancy
- I have experienced symptoms of PPD during a previous pregnancy
- I do not have a supportive spouse/partner and it is causing stress at home
- I don't have a strong support system to help me with my baby

Notes:

TALK
about PPD

Tell your doctor and family about your feelings.

Ask about PPD during your checkups.

Learn more about the signs and symptoms.

Know that PPD is a common complication and is not your fault.

