

Talk about postpartum depression with your loved ones

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What you should know about postpartum depression (PPD).

PPD is the most common medical complication of childbirth. It is estimated that PPD affects approximately **10% to 20% of women giving birth globally**. In the US, estimates of new mothers identified with PPD each year vary by state from 8% to 20%, with an overall average of 11.5%.

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

“If you feel I am showing any of these symptoms, we should talk about how I'm feeling and consult my doctor.”

Talking points to get the conversation started:

- I want to talk about PPD so that we can be prepared in case it happens to us
- PPD is a condition that can affect the whole family. It's important to me to feel that I can talk to you openly and honestly. Lately I've been feeling...
- The symptoms of PPD can leave women overwhelmed by childcare responsibilities. Can I count on you for support if I experience PPD?
- PPD is a medical condition. We should discuss it with my doctor if I develop symptoms
- Can I trust you to listen to how I'm feeling and accept what I'm saying without judgment?

Discuss your feelings with your doctor and loved ones.

Having these conversations is the best way to help you and your family get the support you need.



Notes:
