

If you know someone who is pregnant or has recently given birth

HAVE YOU ASKED: HOW'S MOM? DEPRESSION

Learning and talking about depression during pregnancy and after birth can help improve our support for families and the community response.



What is Perinatal Depression?

The perinatal period is the time during pregnancy and up to a year after birth. Perinatal depression is one of the most common medical complications during pregnancy and the postpartum period. It looks and feels like dark, low, and challenging times.

What are Baby Blues?

Baby blues, or postpartum blues, are feelings of sadness that many new parents experience. These feelings are usually temporary and can happen to many people in the weeks following delivery. When baby blues occur, people may feel sad and cry more often than usual, feel irritable or on edge, experience anxiety, have trouble sleeping, and have noticeable changes in appetite such as eating less or more than usual.



Baby blues affect more than half of people within the first few weeks after delivery.

What is Postpartum Depression?

Postpartum depression, commonly referred to as PPD, is a type of depression that occurs after someone has a baby. After birth, people go through a lot of changes, such as hormonal, physical, emotional, financial, and social. These changes can lead to postpartum depression. It affects about 1 in 7 new parents. People experiencing PPD may feel very emotional, cry often, feel exhausted, overwhelmed, guilty, or anxious, and might struggle with caring for their baby. The good news is that it can be treated with therapy and/or medication.

Fathers experience depression too.

1 in every 25 (4%) fathers and/or partners experience depression in the first year after birth.



Sources of Support

- Home visiting services
- Healthcare services
- Therapy or counseling
- Family, friends, neighbors
- Support groups
- Recovery community centers
- Doula services
- Prenatal and postpartum appointments
- Peer support services
- Relaxation techniques
- Faith-based community

What is Postpartum Psychosis?

Postpartum psychosis (PPP) occurs with symptoms such as hallucinations, paranoia, delusions, and severe mood swings. People experiencing PPP might have thoughts that could lead them to harm themselves or their baby, making it a mental health emergency. It is crucial to get medical attention **right away**.



If depression is affecting you or a loved one, **call a doctor and seek help.**

If it feels like it is not enough support, look at the possibility of changing providers or other types of support.

TALK ABOUT IT!

YOU ARE NOT ALONE!



Many people struggle with depression. No one is to blame! There are ways to get help and support.

Find community initiatives at:

www.browardhsc.org

 @browardhealthystartcoalition

 @browardhsc

 @browardhsc

 @broward_hsc

Phone Number:

(954) 567-7174

Get Help! Access
Postpartum Support
International to
know how!



National Suicide Prevention Hotline
Call 988

**HRSA National Maternal
Mental Health Hotline**
1-800-TLC-MAMA

ACOG Committee Opinion No. 757: Screening for Perinatal Depression. (2018). Obstetrics and gynecology, 132(5), e208–e212. <https://doi.org/10.1097/AOG.0000000000002927>

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