

Postpartum Depression

A lot of people think that being a new mom is always a happy and exciting time. But many new moms go through **postpartum depression**.



Postpartum depression is when you feel very sad and hopeless after giving birth. It is not the same as baby blues. If you think you may be going through postpartum depression, CHN can help.

What are baby blues?

Most mothers go through baby blues after giving birth. Baby blues is when you feel stressed, sad, or have mood swings for a few days or weeks. You may feel like having a baby wasn't what you thought it would be.

If you have baby blues, ask for help. You can:

- share your thoughts with your partner, friend, or family
- talk with other mothers
- get enough sleep, eat healthy foods, and do some light exercise



What is postpartum depression?

Postpartum depression lasts longer than baby blues and is very serious. You may feel like you can't cope with life.

You may:

- fear that your baby will be harmed
- worry about being a bad mother
- have little or no interest in your baby
- feel worthless or guilty
- have trouble thinking clearly or making choices
- think about death or suicide
- have aches, pains, or stomach problems that won't go away
- sleep too much or too little
- eat too much or too little
- not enjoy doing things you used to

Is there treatment for postpartum depression?

Yes. Talk to your doctor about how you have been feeling. If you have postpartum depression, your doctor may suggest **therapy, medicine, or both.**

If you think you are going through postpartum depression, talk to someone at CHN. You can also call:

- **LIFENET** at 800-543-3638 to talk to someone right away.
- **Depression After Delivery** at 800-944-4773 to leave a message.

Call your doctor or social worker right away if you:

- are thinking about death or suicide
- don't want to be with your baby
- have no interest in eating or can't sleep
- think you may harm yourself or the baby
- feel like your symptoms are getting worse