



NEED TO KNOW

Postpartum Depression

WHAT IS IT?

Postpartum depression is a mood disorder that can be mild to severe. During your pregnancy and after pregnancy you might feel sad, unhappy, or blue. Everyone feels down once in a while, but if you feel down or depressed most of the time please tell your doctor.

WHAT CAUSES POSTPARTUM DEPRESSION?

There are many reasons why women have postpartum depression, hormonal changes, it can run in your family, and stressful life events. The important thing to do is seek help, if you feel that you may have signs of postpartum depression.

WHAT ARE THE SIGNS OF POSTPARTUM DEPRESSION?

- Fatigue. It is not unusual to feel tired when you have a newborn, but sometimes new moms can't sleep even if baby is sleeping.
- Overwhelming feelings. With a new baby and new duties you may feel like you have gotten yourself in over your head.
- Sad feelings and/or crying a lot.
- Having no energy or motivation.
- Guilty feelings.
- Mood swings. Cranky or irritable feelings.
- Loss of appetite or over eating in an attempt to make yourself feel better.

THINGS THAT CAN HELP WITH DEPRESSION

- Get rest. Try to sleep as often as possible.
- Don't be afraid to ask for help with chores, and nighttime feedings.
- Don't do too much. Do as much as you can and leave the rest, it's OK!
- Talk to someone. You can join a support group, or get counseling. Call Health Plan of Michigan 1-888-437-0606 if you need help finding someone in your area.
- Click on the following link to learn more information.
<http://www.postpartum.net>