Tomah Health
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POSTPARTUM DEPRESSION

What is it?

- Beyond the “baby Blues” is a more severe, longer lasting form of depression
- Birth can trigger lots of emotions from happiness, fear, and anxiety
- It isn’t a weakness or character flaw, it is a complication of birth
- It can affect significant others too!

What is the difference between “Baby Blues” and Postpartum Depression?

Baby Blues	Postpartum Depression
Mood swings Crying Anxiety Sleeping troubles Difficulty concentrating Sadness Irritability Feeling overwhelmed	Severe mood swings Excessive crying Severe anxiety and/or panic attacks Not able to sleep at all or too much Not able to make decisions, concentrate, or think clearly Feelings of worthlessness, guilt, or shame Staying away form family or friends Thoughts of harming self, baby, or others
Last a few days or weeks after baby is born	May develop during pregnancy, after birth, or even up to a year after birth

RISK FACTORS

- History of depression or Postpartum Depression
- Family member with depression and/or mood disorders
- Baby has health issues
- Stressful events in the past year, like illness or Job loss
- Stressful situations with support person or significant other
- Unplanned pregnancy

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WHEN TO SEEK HELP

- Signs or symptoms don't go away after 2 weeks
- Feelings get worse
- Having a hard time caring for yourself or your baby

WHEN TO SEEK IMMEDIATE HELP

- Suicidal thoughts, thoughts of harming others/baby or a crisis situation
  - Get help right away! Talk to your family or Friends!
  - Call Suicide Hotline:
    - 1-800-273-8255
    - Chat at suicidepreventionlifeline.org/chat
  - Call Great Rivers 2-1-1:
    - 1-800-362-8255

References:

- Great Rivers 2-1-1 https://www.greatrivers211.org/gr211/
- Gundersen: https://www.gundersenhealth.org/services/pregnancy-birth/after-pregnancy/
- Mayo Clinic: Postpartum Depression https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617