



## Women with postpartum depression say...

This is supposed to be the happiest time in my life....why am I so miserable?

I love my child but I hate my life.

My marriage cannot survive this.

Having a baby was a mistake.

I feel like the worst mother in the world.

Everything would be better if I got a good night's sleep.

Why can't I 'snap out of it'?

I can't take it any more!

I can't talk about these feelings.

Why am I such a failure?

I want to run away.

## Postpartum Support Virginia

Hope and help for new mothers

[www.postpartumva.org](http://www.postpartumva.org)

Postpartum Support Virginia helps women suffering depression and/or anxiety during or after pregnancy by providing:

- one-on-one support via phone or email
- free peer-led support groups
- listings of health care providers who have expertise or interest in treating women with PPD
- information about ongoing medical studies
- listings of books, websites, local resources



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P.O. Box 7521 Arlington VA 22207

[info@postpartumva.org](mailto:info@postpartumva.org)

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## Learn more about Postpartum Depression



New Mothers,

### Could this be you?

Overwhelmed · Anxious

Guilty · Irritable · Sad

Exhausted but can't sleep

Miserable · Hopeless

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## Could I have postpartum depression? Do I....

- have trouble sleeping, even when baby sleeps?
- feel anxious or panicky?
- think my family would be better off without me?
- fear leaving the house or being alone?
- isolate myself from friends and family?
- have unexplained anger or irritability?
- wonder if I am ever going to feel better?
- regret having a baby?
- feel sad, hopeless, and/or overwhelmed?
- fear my baby or I may be harmed?
- have trouble coping with daily tasks?
- have difficulty concentrating or making simple decisions?
- feel "out of control"?
- feel guilty for feeling this way?

Experiencing more than three of these symptoms, especially if they last for more than two weeks, may indicate postpartum depression.

Trust your instincts.

## What is postpartum depression?

Postpartum depression (PPD) is a real illness caused by changes in hormones, biology, psychology and environment.. PPD is the most common complication of childbirth.

**You are not alone.** PPD affects up to 20% of new mothers and can occur anytime in the first year after delivery.

**You are not to blame.** PPD can affect any new mother regardless of age, race, income, education level, or marital status.

**You will feel better with help.** PPD can be treated with self-help techniques, social support, counseling, and medication when necessary.

### Risk Factors

The following factors could contribute to experiencing PPD:

- difficult pregnancy, labor, or delivery
- anxiety during pregnancy
- colicky, difficult, or demanding baby
- lack of social support after baby is born
- issues with breastfeeding
- recent crisis in life, such as serious illness or death in the family
- unplanned pregnancy
- personal or family history of depression
- stress about working

## What are the "baby blues"?

Most new mothers experience the "baby blues" in the first few weeks after giving birth and often experience mood swings, crying spells, and feelings of restlessness and loneliness. "Baby blues" usually disappears within two weeks.

## What about depression during pregnancy?

Some women experience depression and/or anxiety during pregnancy. These conditions can be treated much like postpartum depression.

If you think something is wrong, it probably is.  
If you think you need help, you probably do.