

IRRITABLE
OR
RESTLESS

HOPELESS
or
EMPTY

Avoiding
FAMILY &
FRIENDS

Trouble
BONDING
WITH BABY

OVERLY
ANXIOUS

TALK TO YOUR DOCTOR ABOUT THE SIGNS OF POSTPARTUM DEPRESSION



Why you should know the signs:

Postpartum depression (PPD) is one of the most common medical complications during and after pregnancy. In fact, it affects about 1 in 9 moms. PPD can affect any woman, regardless of her age, number of kids, ethnicity, marital status, or income. PPD also isn't the same for every woman. That's why it's important to educate yourself about the signs and symptoms of PPD.

Moms with PPD may have multiple symptoms that can last for more than 2 weeks, including:

EMOTIONAL

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Feeling worried or overly anxious
- Moodiness, restlessness, or irritability
- Anger or rage
- Persistent doubt about your ability to care for your baby
- Thoughts of harming yourself or your baby

PHYSICAL

- Physical aches and pains
- Changes in appetite
- Lack of sleep or oversleeping
- Difficulty concentrating

BEHAVIORAL

- Loss of interest in things that are usually enjoyable
- Avoiding friends and family
- Having trouble bonding or forming an emotional attachment with your baby



Bring this guide along to your next visit with your doctor to help you start the conversation about PPD.

Preparing for the possibility of PPD

Here are some helpful questions to ask your doctor:

- How can I tell the difference between the experiences of new motherhood and PPD?
- If I suspect something isn't right after having the baby, what's our next step? Are there any screening procedures for PPD?
- If PPD happens to me, what can we do about it? Are there any support options available?
- Is there anything else I should know about PPD?



Have a conversation. Make a plan.

Talking about PPD with your doctor and loved ones is an important part of your postpartum plan and can help you be prepared if PPD happens to you. Remember, only your doctor can make a formal diagnosis of PPD.

For more information on how you can create a postpartum plan, visit PPDsigns.com/postpartum-plan.

Notes:

KNOW THE SIGNS. BE PREPARED.
Visit PPDsigns.com to learn more.

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