Don't be afraid to ask for help! You and your baby deserve health and happiness!

You can learn more about PPD from the following places:

National Women's Health Information Center
Phone (800) 994-9662
http://womenshealth.gov/faq/depression-pregnancy.cfm

American Psychiatric Association
Phone (888) 35-PSYCH or (888) 357-7924
http://healthyminds.org/Main-Topic/Postpartum-Depression.aspx

MedEdPPD
http://www.mededppd.org

Postpartum Support International
Phone (800) 944-4PPD or (800) 944-4773
http://www.postpartum.net

You can download a printable version from:
http://www.mededppd.org

Here are some symptoms of PPD:

- Loss of interest or pleasure in life
- Loss of energy and motivation to do things
- Sleeping too much or too little
- Feeling like life is not worth living
- Irritability, anxiety, or restlessness
- Feeling worthless and guilty
- Withdrawal from friends and family
- Eating too much or too little
- Having trouble remembering, focusing, or making decisions
- Crying a lot
- Having thoughts of hurting yourself
- Thinking about hurting your baby

Postpartum depression – "PPD" for short – is a type of depression that affects 1 out of 8 new mothers within a year after they give birth. PPD is long-lasting sadness. If you are a woman with depression, you are not alone. Help is out there.

What is postpartum depression?
PPD is an illness that requires medical care just like diabetes is an illness that requires care. You can take the steps to deal with PPD and its symptoms.
Any woman who has had a baby in the past year can get PPD. There is no warning for PPD. It doesn't matter how old you are, what race you are, or how much money you have.

### Who can get PPD?
PPD can happen any time in the first year after delivery. Symptoms last longer than 2 weeks and affect your ability to function as a mother.

### Why would I get PPD?
After delivering a baby, mothers sometimes go through emotional changes because of a drop in chemicals in the body called hormones. These changes can include mood swings, sadness, crying spells, changes in appetite, sleeping problems, and feeling anxious, irritable, or lonely.

Remember, it is not because of something you did. Depression is caused by a chemical imbalance.

### When can I get PPD?
Treatment of PPD is like treatment of any other medical condition — care is covered by insurance or through federal or state insurance assistance.

### How does PPD affect me and my baby?
When a mother has PPD, she may lack energy and not want to play with her baby. She may have trouble paying attention to things.

She may not be able to meet her baby’s needs for love. This may make her feel guilty and lose confidence in herself as a mother — which makes PPD even worse.

### Can I keep this private?
Yes – your medical care is confidential. It is, however, a good idea to discuss your treatment with a spouse or close friend so that they can help you through this.

### Where can I get help?
Get help by first talking to your doctor, nurse practitioner, or nurse midwife. He or she can help and may give you medications for depression, or suggest a counselor. You can also join groups with other mothers like you.

### What about cost?
Treatment of PPD is like treatment of any other medical condition — care is covered by insurance or through federal or state insurance assistance.

### How can mothers with PPD get better?
Good news – treatment is available, and it works!

There are 2 main types of treatment for PPD: **medications** and **therapy**.

### Can PPD come back once I feel better?
You might be at risk following the birth of future children. If you get help for your PPD and still don't feel better, talk to your doctor, nurse practitioner, or nurse midwife.

### Other questions:

#### Who should I talk to?

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### Tips for Coping With PPD
- Find someone to talk to about your feelings.
- Talk with another mother about your feelings and problems. She may have “words of wisdom.”
- Ask your family for help with childcare, chores, and errands.
- Find time for yourself. Try exercising (walking), taking a bath, or something else you enjoy. Give yourself 15 minutes a day!
- Don’t worry about being perfect, and know that your feelings are normal.
- Avoid being alone.
- Eat a good, healthy diet. Eat small, frequent meals.
- Keep a diary. Write down your emotions. You will notice that what you write in your diary will change and show a better, healthier person as time goes on.
- Remember it is OK to feel overwhelmed. Parenting is hard!
- Talk to your doctor, nurse practitioner, or nurse midwife about how you feel.

### Remember:
- You are not alone!
- You will get better!