

# TALKING POSTPARTUM DEPRESSION

**It's real. It's common. It's time to heal.**

**Postpartum depression or PPD** is a common experience for many women. In fact, one in eight women experience symptoms of PPD.

While everyone's PPD journey is different, it is important to know that with support and treatment, recovery is possible.

There are many ways someone struggling with PPD can get help. Learn how five different women found their path toward healing.

**Meet the women. Hear their stories.**

**Watch now at [womenshealth.gov/talkingPPD](https://www.womenshealth.gov/talkingPPD).**



# HEALING FROM POSTPARTUM DEPRESSION IS POSSIBLE.

Many women experience postpartum depression or PPD. “Postpartum” means the time after giving birth. Feeling sad, anxious, or overwhelmed are some of the signs of PPD. You might not feel connected to your baby, or you might not feel love or care for the baby. If these feelings last longer than two weeks, you may have PPD.

## KNOW THE SIGNS OF POSTPARTUM DEPRESSION

If you’ve recently had a baby, here are a few questions to ask yourself:

- *Do I feel angry or moody?*
- *Do I feel sad or hopeless?*
- *Do I feel guilty, shameful, or worthless?*
- *Am I eating more or less than usual?*
- *Am I sleeping more or less than usual?*
- *Do I have unusual periods of crying or sadness?*
- *Have I lost interest, joy, or pleasure in things I used to enjoy?*
- *Have I withdrawn from friends and family?*
- *Have I had thoughts of possibly harming the baby or myself?*

If the answer to any of these questions is “Yes,” talk to a health care professional about getting support, treatment, and resources.

For free, confidential, 24/7 mental health support for women and their supporters, call or text the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262).

If you are having thoughts of harm to yourself or your baby, please call or text the Suicide and Crisis Lifeline at 988 for free and confidential support.



**OASH**

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Women's Health