

Minding Your Mental Health

A Look At Postpartum Depression

Quick Facts

- One recent study found that 1 in 7 women may experience postpartum depression in the year after giving birth. With approximately 4 million live births occurring annually in the United States, this equates to almost **600,000 postpartum depression diagnoses**.
- Postpartum depression generally lasts 3 to 6 months. However, this varies based on several factors.
- It is estimated that nearly 50% of mothers with postpartum depression are not diagnosed by a health professional.
- 80% of women with postpartum depression will achieve a full recovery.
- Many women who miscarry or have stillbirths experience postpartum depression symptoms as well. When including women who have miscarried or have had a stillbirth, around 900,000 women suffer from postpartum depression annually in the U.S.
- Studies have found that around 50% of men who have partners diagnosed with postpartum depression will go on to develop depression themselves.



(* Postpartum Depression Statistics cited from <https://www.postpartumdepression.org/resources/statistics/>)

Resources

- Visit www.scdmh.org for South Carolina mental health resources and services.
- **1-833-TLC-MAMA (1-833-852-6262)** for free confidential support for pregnant and new moms.
- Visit www.womenshealth.gov/talkingPPD
- If you don't have a health care professional you can find one using the Find a Health Center Tool at findahealthcenter.hrsa.gov
- Call or text **"Help"** to the Postpartum Support International helpline at **1-800-944-4773**
- Visit www.postpartum.net for information, resources, and support groups for women, partners, and supporters.
- Are or have experienced domestic violence. Call the National Domestic Violence Hotline: **1-800-799-SAFE (1-800-799-7233)**
- For mental health crisis call the **988** National Suicide and Crisis Lifeline

WARNING SIGNS

- Feeling sad, anxious, or overwhelmed
- Not feeling connected to your baby
- Do not feel love or care for your baby
- Feeling angry or moody
- Feeling guilty, shameful, or worthless
- Eating more or less than usual
- Sleeping more or less than usual
- Loss of interest, joy, or pleasure in things you used to enjoy
- Withdrawing from friends and family
- Possible thoughts of harming the baby or yourself

(* Data cited and obtained from <https://www.womenshealth.gov/talkingPPD/toolkit>)

RISK FACTORS

- Had depression before or during pregnancy
- Have a family history of depression
- Experienced abuse or adversity as a child
- Had a difficult or traumatic birth
- Had problems with a previous pregnancy or birth
- Have little or no support from family, friends, or partners
- Relationship struggles or money problems
- Experience other stressful life events
- Are under the age of 20
- Have a hard time breastfeeding
- Baby born prematurely and/or has special health care needs
- Had an unplanned pregnancy

SUPPORT/TREATMENT

- **Therapy:** Counseling or therapy sessions with a mental health professional can help you understand and cope with your emotions and challenges.
- **Medication:** In some cases, medicine may be prescribed to help manage symptoms.
- **Support groups:** Joining a support group of others experiencing PPD can provide comfort and understanding.
- **Self-care:** Taking care of yourself is important. Do your best to get enough rest, eat food with a lot of nutrients like fresh produce and whole grains, be physically active, and ask for help when needed.
- **Social support:** Reach out to family, friends, or other people you trust who can offer advice or support.