

Postpartum Depression

419 V.Street Sacramento, CA | www.shifaclinic.org

What is post-partum depression?



Post-partum depression is a type of depression that a mother may suffer from after childbirth and even during pregnancy. It arises from hormonal changes in the mother as well as the adjustments to motherhood.

Symptoms



- Mood swings
- Crying spells
- Anxiety
- Difficulty sleeping
- Change in appetite
- Weight gain or weight loss

Prevention



Join a support group and confide in loved ones as well as your pediatrician/OB-GYN to prevent isolation and get both professional and personal help. Enact self-care through regular sleep, a healthy diet, and exercise.

Treatment



- Psychotherapy: talking to psychiatrist or mental health professional about your experiences and about how to develop coping skills for the future
- Antidepressants: prescribed by your doctor - generally safe to take while breast-feeding!

SOURCES:

<https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617>