

Postpartum Depression - Postpartum Depression - MSD Manual Consumer Version

Typically, symptoms of postpartum depression develop during the first 3 months after delivery, but they may start later. Symptoms may begin gradually or more suddenly. Postpartum depression interferes with women's ability to care for themselves and the baby. Symptoms of postpartum depression may include

- Less common symptoms include
- Extreme fatigue
- Sleep problems (too much or too little)
- Headaches and body aches
- Loss of interest in sex and other activities
- Anxiety or panic attacks
- Loss of appetite or overeating
- Difficulty functioning
- Lack of interest in or unreasonable worries about the baby
- A feeling of being incapable of caring for the baby or of being inadequate as a mother
- Guilt about having these feelings
- Fear of harming the baby
- Suicidal thoughts

Women may not bond with their baby. As a result, the child may have emotional, social, and cognitive problems later. Partners may also become depressed, and depression in any parent may cause stress. Without treatment, postpartum depression can last for months or years. About 1 in 3 or 4 women who have had postpartum depression have it again. Postpartum psychosis is rare. It involves suicidal or violent thoughts, hallucinations, or bizarre behavior. Sometimes postpartum psychosis includes a desire to harm the baby. If a parent is having thoughts of harming self or the baby, medical attention should be sought immediately.