

Treating Postpartum Depression

Postpartum depression, or PPD, is a type of depression that some new mothers can feel anytime from 1 to 3 weeks up to the first year after delivery. It can make you feel sad, or more tired or worried than expected.

PPD happens to many women. It is not your fault. It is something that your care team can help you treat. The most common treatments are supportive therapy, medicine, or both.

Please ask us any questions you may have. We want to support you in any way we can.



PPD is common and treatable.

Therapy for PPD

Therapy alone can help, and it can also be used in combination with medicine. Your care team will help you figure out what is best for you.

- **Talk therapy:** Sharing your feelings with a safe and caring therapist can help you understand and manage your mood and develop ways to help with the feelings of PPD. Some therapists specialize in PPD treatment.
- **Group support:** Joining a support group with other new moms can help you feel less alone. You can share your story and learn from others.



Therapy is helpful for PPD and can be used with or without medicine.

Healthy Habits

Making small changes in your daily life can help you feel better. Remember, taking care of yourself enables you to care for your baby better. Here are some tips:

- Find time to rest or sleep when your baby sleeps.
- Eat nutritious foods that give you energy.
- Walk outside or get gentle exercise, if you feel able.
- Ask for help from family or friends so you can get time for yourself. Take small breaks. Even a few minutes for yourself can help lift your mood.
- Keep in touch with people who care about you.
- Deep breathing, meditation, or gentle stretching can help you feel calmer.
- Do things that make you feel calm and happy, like listening to music or reading.



Gentle exercise and getting outside can help PPD.

Medicine for PPD

Medicines are a proven and safe way to treat postpartum depression. There are medicines that you can safely use if you are breastfeeding. Your care team will choose the best one for you and tell you what to watch for.

Here are some common medicines used for PPD:

- **Zuranolone and antidepressants:** These medicines help lift your mood and reduce sadness. They may also help you sleep better.
- **Support medicines:** Some women also find that using medicines to help with sleep or anxiety can make a difference.

It is very important to take medicine exactly as your care team prescribes.

You Are Not Alone

Postpartum depression is common and nothing to be ashamed of. You are not weak or a bad mom for feeling this way. It is a health problem like any other, and it can be treated.

Many women feel better with help. Asking for support is a sign of strength. You do not have to face this alone.



If, at any time, you have thoughts of self-harm or suicide, please talk to someone right away. The 988 Suicide and Crisis Line offers free, 24/7 call and text access to trained crisis counselors who can help anyone in emotional distress. Just call or text 988.

When to Contact Your Care Team

If you feel very upset or scared, do not wait. Call your care team if:

- You feel very sad or hopeless most of the time.
- You have trouble eating, sleeping, or taking care of yourself or your baby.
- You have new or worse thoughts or feelings.

When to Call 911 or Go to the Emergency Room

Get help right away if:

- You have thoughts of harming yourself, your baby, or someone else.
- You are very scared or confused.
- You lose your ability to think clearly or act properly.

Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

Last updated May 2025