

New Moms Aren't Alone – Irivanne Lee

TRANSCRIPT

IRIVANNE:

When we first brought him home, I was very emotional, I was crying, I was very anxious. I couldn't let anyone else help me take care of him. I heard about postpartum depression before, but if I would have known that it's one of the most common complications of child birth I wouldn't have felt like I was a failure as a mom. The stigma that's associated postpartum depression keeps a lot of people sick. I tried to tough it out, but I couldn't do it anymore. After I talked to my husband, I attended a local support group and I'll never forget that first "wow" like there are lots of women who are going through this. Postpartum depression is very serious and it's okay to get help, you can get better. I'm Irivanne Lee and I'm a mom.