

Postpartum Depression



Prajanika
A mother after pregnancy

Postpartum depression (PPD) is a mental health condition that may set in within a year after childbirth. Symptoms may start developing within the first few weeks after childbirth but can begin earlier or later. The condition broadly affects a person's behaviour or psychological and physical health. PPD can affect both the mother and child along with father and family members.



Common causes

Hormonal changes
Genetic predisposition
Psychosocial stressors
Stress and sleep deprivation
Pregnancy complication



Are you the one?

Persistent sadness, low self-esteem, sleep disturbances, lack of interest, anxiety, crying, loss of appetite or overeating, irritability with a hostile attitude towards infants, self-blame, feeling humiliated, hopelessness, worthlessness, and suicidal thoughts



Effects of Untreated PPD



In Child:

- Long-term developmental issues
- Cognitive impairments
- Behavioral or emotional problems
- Difficulties in forming relationships as adults



In Mother:

- Strain on family relationships
- Issues at the workplace
- Difficulty in bonding with the baby
- Increased risk of suicide

You feel you have it?

You can get better.
Talking to family, doctor or counsellor can help



Mothers reflect God's loving presence on earth



Content: Dr. Arun Upadhyay, Dr. Amrita Singh
Design: Isha Parlikar, Dr. Somya Mishra
Know more: arun@iitbhilai.ac.in

