

Postpartum Depression (PPD)

What you need to know

PPD is common

PPD affects 10 to 15 percent of new mothers, and up to 35 percent of certain demographic groups



PPD can be debilitating

PPD has many symptoms, including insomnia, irritability, feelings of worthlessness, anger, overwhelming sadness, and social isolation



PPD is treatable

The treatment for PPD can include pharmacotherapy and psychotherapy. Therapy focusing on the mother-infant relationship can be especially helpful.



We can fight PPD

Mental health assessment for new mothers should be a routine as checking the infant's height and weight, as early detection leads to better treatment outcomes.



PPD is lonely

Social support, including caring, understanding, and supporting the new mother, especially from the partner or close family, is crucial to the recovery process.



Together, we can work towards a brighter future.

Reach out, don't be afraid to say something, and don't be afraid to ask for help

References

Thurgood, S., Avery, D. M., & Williamson, L. (2009). Postpartum Depression (PPD). American Journal of Clinical Medicine, 6(2), 17–22. <http://www.aapsus.org/articles/11.pdf>