KNOW THE SIGNS.
BE PREPARED.
THE SIGNS OF POSTPARTUM DEPRESSION AREN'T ALWAYS THIS OBVIOUS.
KNOW THE SIGNS. BE PREPARED.
WHY YOU SHOULD KNOW THE SIGNS OF POSTPARTUM DEPRESSION

Postpartum depression (PPD) is one of the most common medical complications during and after pregnancy. In fact, about 1 in 9 moms suffers from PPD.

EXPECTATIONS VS REALITY

During this busy time, you’re doing everything from choosing a car seat and reading baby books to preparing a home for a new baby, so feeling restless, overly anxious, or overwhelmed about what’s to come may be expected. But these can also be signs of PPD and are sometimes mistaken for the experiences of new motherhood.

That’s why learning the signs and symptoms of PPD should be an important part of your baby preparation.
Despite the name, the symptoms of postpartum depression (PPD) may include more than just depression or sadness and can have a negative impact on a mom’s day-to-day functioning. While only a doctor can make a formal diagnosis of PPD, it’s important to understand the signs and symptoms.
Moms with PPD may show multiple symptoms that can last for more than 2 weeks, including:

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<thead>
<tr>
<th>EMOTIONAL</th>
<th>PHYSICAL</th>
<th>BEHAVIORAL</th>
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<tr>
<td>Feeling sad, hopeless, empty, or overwhelmed</td>
<td>Physical aches and pains</td>
<td>Loss of interest in things that</td>
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<td>Crying more often than usual or for no apparent reason</td>
<td>Changes in appetite</td>
<td>are usually enjoyable</td>
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<td>Feeling worried or overly anxious</td>
<td>Lack of sleep or oversleeping</td>
<td>Avoiding friends and family</td>
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<td>Moodiness, restlessness, or irritability</td>
<td>Difficulty concentrating</td>
<td>Having trouble bonding or</td>
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<td>Anger or rage</td>
<td></td>
<td>forming an emotional attachment</td>
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<td>Persistent doubt about your ability to care for your baby</td>
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<td>with your baby</td>
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<td>Thoughts of harming yourself or your baby</td>
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Talk to your doctor if you are experiencing any of these symptoms, and know that you are not alone.
POSTPARTUM DEPRESSION IS COMMON

IT CAN HAPPEN TO YOU EVEN WHEN YOU DON’T EXPECT IT

There are many factors that are thought to contribute to the symptoms of postpartum depression (PPD), but the exact cause is unknown. Some of these factors are a family or personal history of depression, increased life stressors, and hormone changes related to pregnancy.

PPD can affect any mom, regardless of her age, number of children, ethnicity, marital status, or income. You should know that if PPD happens to you, it’s not your fault.

TALK TO YOUR DOCTOR TO ADDRESS ANY QUESTIONS YOU MAY HAVE ABOUT PPD.
IMPORTANT THINGS TO KNOW ABOUT PPD

Expert opinions vary as to when the symptoms of postpartum depression (PPD) begin. While some say PPD can start during pregnancy or up to 4 weeks after childbirth, others believe it can begin during pregnancy or up to one year post birth.

If you’re in your third trimester and your doctor hasn’t screened you for PPD, it’s a good time to start the conversation at your next appointment.

Help for PPD can start by having a conversation with your doctor and your loved ones.

PPD doesn’t just hurt mom. It may have a negative impact on baby, too.

If PPD happens to you, don’t just ignore it. Know that there is support available.

LEARNING ABOUT PPD IS A CRUCIAL PART OF YOUR PREPARATION.
MAKE A POSTPARTUM PLAN

Many moms choose to make a birth plan to outline their wishes during delivery. But it may also be a good idea to make a postpartum plan that could help you adjust to life with a new baby.

Think about what you may need for physical and emotional recovery. Your plan may include a wide range of supportive actions, including help with household chores or what to say to your doctor if you think you are experiencing postpartum depression (PPD).
YOUR POSTPARTUM TEAM

If postpartum depression (PPD) happens to you, who would be your trusted symptom spotters? It doesn’t matter who it is—your best friend, your sister, or your partner—it’s a good idea to have a conversation about PPD with those who know you well and have your best interests at heart.

Use the space to the right to write down the names of your doctor and loved ones who will be there for you after delivery and how you’d like them to help.

IN THE US, 50% OF PPD CASES MAY GO UNDIAGNOSED.
That’s why it’s important to have a postpartum team and to talk to your doctor at each visit about how you’re feeling.

DOCTOR: __________________________________________

NAME: __________________________________________

NAME: __________________________________________

NAME: __________________________________________

NAME: __________________________________________

NAME: __________________________________________
Postpartum depression (PPD) is one of the most common medical complications during and after pregnancy.

About 1 in 9 moms suffers from PPD.

In the US, 50% of PPD cases may go undiagnosed.

PPD may be more than just depression or sadness and isn’t the same for every woman.

If PPD happens to you, don’t wait to get the help you deserve. Discuss how you can prepare for the possibility of PPD with your doctor and loved ones. To learn more about PPD, visit PPDSigns.com.