



Different forms of Postpartum Mood Disorders

Baby Blues

What is it? 70-80% of all women experience sadness and/or mood swings after the baby is born. It is thought to be due to the hormone changes and adjustment to a new routine. The symptoms felt may last for minutes or up to a few hours. Baby Blues usually goes away after 14 days.

What to look for: May begin around day 4 or 5 postpartum, Feeling weepy or crying for no reason, Impatience, Irritability, Insomnia, Fatigue, Anxiety, Sadness, Mood changes

What to do: Know you are not alone. Talk to someone you feel comfortable with about your feelings. Keep a journal. Try to eat healthy, well balanced meals. Get outside or simply change your view for a little bit. Ask for help! Let others support you. Lower your expectations, then lower them again. Allow yourself time to adjust and be gentle on yourself.

Postpartum Depression (PPD)

What is it? About 15% of women will experience postpartum depression. Symptoms will be more severe. The parent will have good days and bad days. It usually lasts longer than 14 days. It may begin shortly after birth or up to and including even a year after birth.

What to look for: Fatigue, Trouble sleeping, Feelings of guilt or worthlessness, No interest in baby, Withdrawing from family and friends, Loss of interest in things you would normally enjoy, Feeling sad or hopeless, Feeling overwhelmed, Thoughts of hurting yourself or your baby

What to do: Talk with your healthcare provider.





Postpartum Psychosis (PPP)

What is it? The most severe form of postpartum depression. This is rare as it occurs in 1 - 2 out of every 1,000 pregnancies.

What to look for: Out of touch with reality, Bizarre behavior, Hallucinations, Delusions, Rapid mood swings, Suicidal thoughts, Thoughts of hurting the baby, Hyperactivity

What to do: Treat this immediately and as an emergency. Contact a healthcare provider to get the appropriate help.

Postpartum Obsessive Compulsive Disorder (PPOCD)

What is it? About 3-5% of women will experience this. Women suffering from PPOCD often understand that these thoughts, or feelings are not normal and will not act on them. These obsessions can get in the way of being able to care for baby or enjoy baby.

What to look for: Overly concerned with the safety of the baby, Fear of being alone with the baby, Compelled to do certain things over and over (this may be shown in cleaning, feeding, and taking care of the baby), May know these are obsessions but feel shame or horror because of them, Obsessions or thoughts that repeat themselves, won't go away, and may include disturbing images

What to do: Contact your healthcare provider to determine the right treatment.

Postpartum Anxiety (PPA)

What is it? About 10% of women will experience this. This is more likely if you already experience anxiety or depression before.

What to look for: Changes in eating and sleeping, Racing thoughts you have a hard time controlling, Constant worry, Impending fear that something awful will happen, Cannot sit still or focus, Physical symptoms like dizziness, hot flashes, & nausea

What to do: Talk to your healthcare provider. PPA is very treatable.