

Mind Your Mental Health

Postpartum depression

80%

As many as 80 percent of new mothers experience the “baby blues.” Symptoms include mood swings, sadness and fatigue. These feelings usually pass within a week or two.

Postpartum depression caused by hormonal changes following childbirth, lack of sleep, and the pressures of taking care of a new baby. When these symptoms persist longer than a couple weeks, it may be a sign of a major depressive disorder with peripartum onset, also known as postpartum depression.

Additional symptoms include:



Withdrawal



Lack of appetite



Negative thoughts

According to the American Psychological Association

10%—15%

About 10 to 15 percent of U.S. women have a depressive episode within three months of childbirth.

1 in 5

One in five new mothers experience minor depressive episodes, and as many as 10 percent of new fathers may experience this condition, too.

#MYMH

Magellan
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