

# Postpartum Depression

## What is postpartum depression?

After giving birth, it is normal to feel sad, anxious, irritable and overwhelmed. This is called “the baby blues.” Usually the baby blues go away on their own within one to two weeks, but sometimes a mom may feel as though she is not getting better. Other times a mom may feel fine after birth, but then feel mood changes after several weeks or months. If a mom feels a more intense change in her mood that impacts her ability to care for her baby or complete other daily tasks, she may have postpartum depression. Postpartum depression can begin anytime during the baby’s first year of life.



## What are the Signs and Symptoms?

- Feeling sad, guilty, anxious or worthless
- Having trouble sleeping, eating or taking care of yourself
- Feeling detached from your baby
- Feeling angry or yelling at your baby or family members
- Feeling like you are not a good mom
- Thinking about harming yourself or your baby

*If you feel like harming your baby or yourself, call 9-1-1 or the Suicide and Crisis Lifeline at 988.*

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# What Might Help?

- Talk to your doctor about how you're feeling. They can help connect you to counseling resources and may prescribe a medication. Many medications for postpartum depression are safe to take while breastfeeding.
- Talk to your family and friends about how you are feeling and ask them for help with the baby.
- If you are struggling to breastfeed, seek help from a lactation consultant. If breastfeeding is causing pain or stress, it can make postpartum depression worse. But if breastfeeding is going well, it can help protect against postpartum depression.
- Look for online and in-person support groups. Sometimes just talking to other mothers who feel the same can help you feel better.

## Resources for Postpartum Depression:

- **National Maternal Mental Health Hotline**  
Free, confidential hotline available 24/7 for pregnant and new moms. Available in English and Spanish. Call or text **833-9-HELP4MOMS** (833-943-5746).
- **988 Suicide and Crisis Lifeline**  
Free, confidential hotline available 24/7 with trained counselors. Available in English or Spanish. Phone: **988**.
- **ChildHelp Hotline**  
Free, confidential hotline available 24/7 for concerns of child abuse. Call or text **800-4-A-CHILD** (800-422-4453).
- **Postpartum Support International**  
A helpline and online postpartum depression support group for moms or dads. Call or text **800-944-4PPD** (4773). In Spanish, text **971-203-7773**.  
Website: **postpartum.net**.

**Find more tips at [BreastmilkCounts.com](https://www.breastmilkcounts.com)**

**For free 24/7 information and support, call the  
Texas Lactation Support Hotline at 855-550-6667  
to speak with a lactation consultant.**

**WIC has resources, healthy foods and more. Apply here:**



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