

Feeling hopeless or empty after childbirth is not a regular or expected part of being a mother.

### WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression is a serious mental illness that involves the brain and can affect your behavior and physical health. PPD can interfere with your daily life. Feelings of unconnectedness to baby such as feeling you are not the baby's mother or that you may not love or

WE ARE HERE FOR *you*



### Works Cited

*Postpartum depression.* Postpartum depression | Office on Women's Health. (n.d.). <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>

Linnard-Palmer, L., & Coats, G. H. (2021). *Safe Maternity and Pediatric Nursing Care* (Second). F.A. Davis.

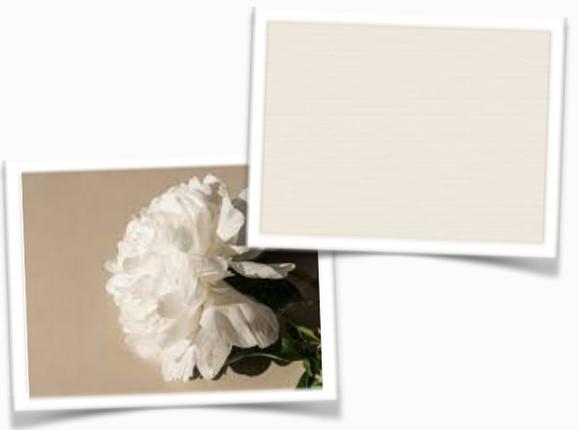
FRMC- SCHOOL OF NURSING

# POSTPARTUM DEPRESSION



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## Signs and Symptoms

- Crying more than usual
- Moody and irritable
- Anxiety or worrying
- Feelings of guilt or inadequacy
- Ambivalence toward the baby and family or avoiding them
- Lack of motivation for self care
- Anhedonia
- Eating too much or too little
- Insomnia
- Fatigue
- Thoughts of hurting baby
- Suicidal thought or thoughts about death

## RISK FACTORS

- Personal history of depression
- Recent stressful life event
- Lack of social support
- unintended pregnancy
- Financial factors

### Prevention:

- Stay well rested as often as you can
- Balanced diet
- Ask for help when needed
- Have a support system



### Treatment :

- Monitor for signs of suicidal thoughts or thoughts of harming baby
- Encourage compliance in taking antidepressants
- Follow-up visits with HCP
- Encourage rest and napping when baby sleeps
- Community agencies (Depression support groups)
- Reach out to family and friends for support
  - Socializing, meals, childcare, household help
- **VERBALIZE YOUR FEELINGS**

