

# Postpartum Mental Health

## Postpartum Blues

Many moms get the 'postpartum blues' around 3–5 days after their baby is born. It's common and may last up to 1–2 weeks.

You may:

- feel a little sad, restless, anxious or overly sensitive
- cry for no reason
- be impatient and irritable
- have trouble concentrating
- feel overly tired or have trouble sleeping
- find your mood changes often, such as going from feeling happy to feeling sad

If these feelings don't go away or if they get worse, it may be a sign of postpartum depression or anxiety. Getting support from people close to you and practicing self-care may help your mental health and cope with postpartum blues if you have it.

## Postpartum Depression

- Postpartum depression or anxiety can happen anytime during the first year after giving birth.
- Symptoms may include feeling overwhelmed or hopeless, having negative thoughts or not enjoying the things you used to. You may also experience physical symptoms including headaches or changes in appetite.
- If your symptoms last longer than 2 weeks and do not get better you may be experiencing postpartum depression.
- The chances of you having postpartum depression may increase if you've had depression or anxiety before or during your pregnancy.
- Untreated postpartum depression can affect your relationship with your baby, partner and family. This includes your ability to take care of yourself and your baby.
- Getting help when you first notice the symptoms of depression or anxiety is important. Asking for help doesn't mean you're weak, or that you're not a good parent. Seeking help gets the support you need to feel better sooner.
- Taking care of yourself, both mentally and physically by practicing self-care may also lessen your symptoms.

**If you are struggling, you are not alone.**

### *Questions or Need Help?*

1. Talk to your health care provider
2. Call Health Link **811** or the Mental Health Helpline **1.877.303.2642** for support and information

For information on Postpartum Depression visit [www.ahs.ca/ppd](http://www.ahs.ca/ppd)

For information on postpartum mental health and self-care visit Healthy Parents, Healthy Children [www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)