

Postpartum Depression and Anxiety

What are the “baby blues”?

Occur in about 60–80% of postpartum parents.

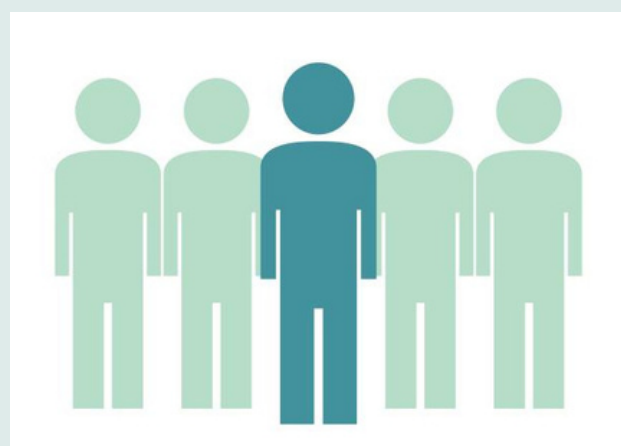
May cause tearfulness, irritability, mood swings, and feelings of being overwhelmed.

These feelings tend to pass in a short period time.

What is postpartum depression (PPD)?

PPD is depression experienced in the first year after childbirth.

1 in 5 pregnant people experience PPD following childbirth.



Symptoms of PPD

You might experience:

- Feelings of anger, irritability and/or sadness
- Feelings of guilt, shame or hopelessness
- Appetite and sleep disturbances
- Loss of interest in things you used to enjoy
- Lack of interest in your baby
- Thoughts of harming yourself or your baby

What is postpartum anxiety (PPA)?

PPA is anxiety experiences after childbirth.

1/3 pregnant people experience PPA following childbirth

Symptoms of PPA

You might experience:

- Feelings of worry or a sense of dread
- Obsessions – persistent or intrusive thoughts about your baby
- Racing thoughts
- Irritability
- Difficulty relaxing
- Physical symptoms: dizziness, hot flashes, rapid heartbeat, nausea

What is postpartum psychosis?

Postpartum psychosis is a rare (0.1%) but very serious condition that requires **immediate medical attention**.

Symptoms include: delusions, extreme confusion, incoherence, irrational statements, agitation, suspiciousness, and hearing or seeing things that aren't really there

What can I do to start feeling better?

- Self care
- Talk to your partner and other support people
- Seek counselling
- Talk to your family doctor about medication options

Please contact your midwife if:

- Feel unable to cope
- Feel sad or hopeless
- Have no feelings for towards or about your baby
- Feel like you want to harm yourself or your baby

For community resources, visit:

<https://www.lifewithababy.com/pmdr-kitchener-waterloo-cambridge>