

## State and National Resources

### Postpartum Support International

1-800-944-4773

[www.postpartum.net](http://www.postpartum.net)

### National Maternal Mental Health Hotline

Call or Text: 1-833-943-5746

### Postpartum Support Charleston

1-843-410-3585

[www.ppdsupport.org](http://www.ppdsupport.org)

### S.C. Department of Mental Health

1-833-364-2274

[www.scdmh.net](http://www.scdmh.net)

### National Suicide Prevention Hotline

Call or Text 988

[988lifeline.org](http://988lifeline.org)

### Crisis Text Line

Text "HOPE4SC" to 741741



# Depression During or After Pregnancy



[scdhec.gov/wic](http://scdhec.gov/wic)



# You are not alone.

About **one in eight women** suffer from depression during or after pregnancy. **Partners can also experience** signs and symptoms of postpartum depression.



Postpartum depression can begin anytime in the first year after giving birth and symptoms do not go away on their own.

Postpartum depression symptoms may include:

- Feeling sad, hopeless or overwhelmed
- Feeling very anxious or worrying too much
- Being irritable or cranky
- Trouble sleeping (even when tired) or sleeping too much
- Trouble concentrating or remembering things
- Trouble making decisions
- Not wanting to be with friends and family
- Change in appetite and eating habits
- Not feeling up to doing everyday tasks
- Frequent crying, even about little things
- Showing too much (or not enough) concern for the baby
- Loss of pleasure or interest in things you used to enjoy



**Many new moms experience the baby blues.** Symptoms of the baby blues are similar to symptoms of postpartum depression. Unlike postpartum depression, symptoms of the baby blues typically improve within 2 weeks.

## Here are some things that can help:

- **Seek help.** Talk to your healthcare provider about your symptoms.
- **Find support.** Find a mental healthcare professional to talk with or join a support group with other new mothers going through postpartum depression.
- **Lean on family and friends** to help you take a break and rest as much as you can.
- **Share your feelings** with your partner, family and friends and other mothers.
- **Relax** by deep breathing, doing yoga, meditating, or listening to soft music.
- **Get regular physical activity.** Try fun new activities with friends such as dancing.
- **Take care of your body** by eating regular meals and snacks.
- **Focus on the positive things** in your life and limit stressful activities.
- **Avoid alcohol** use.
- **Take medication as recommended** by your health care provider.