When a Woman Has a Baby...

1 woman in 10
Experiences depression during pregnancy. Some of these symptoms are like the baby blues but happen before the baby is born.

8 women in 10
Experience the baby blues after giving birth. They may cry for no apparent reason, feel impatient, irritable, restless, and anxious.

1 woman in 10
Experiences postpartum depression. A woman with PPD may feel sluggish, sad, confused, anxious, irritable, guilty, and have difficulty remembering things. She may have trouble eating and sleeping. She may have fears of harming the baby or herself. Her moods might change from being very happy to very sad. She may feel out of control. She may want to avoid seeing people or talking about her feelings.

1 woman in 1,000
Experiences postpartum psychosis, which usually happens within the first three months after birth. This illness is rare, and symptoms are very severe. A woman with psychosis does not know what is real and what is imagined. She may have hallucinations or delusions. She may not be able to sleep. Her actions may be unpredictable.

In New Jersey
Between 11,000 and 16,000 women suffer from PPD every year.
A woman with PPD may feel sluggish, sad, confused, anxious, irritable, guilty, and have difficulty remembering things. She may have trouble eating and sleeping. She may have fears of harming the baby or herself. Her moods might change from being very happy to very sad. She may feel out of control. She may want to avoid seeing people or talking about her feelings.

In New Jersey
Between 11,000 and 16,000 women suffer from PPD every year.
Everyone who has a baby experiences a range of emotions. These feelings, known as the “baby blues,” usually go away in a couple of weeks. However, some women feel a heavy sadness that doesn’t go away. These women may have postpartum depression.

It is important to remember that PPD is no more preventable than any other mood changes women may experience. Each woman is different and so is each mood swing. Waiting too long to treat PPD can result in long-lasting effects.

Healthy feelings between a mother and her baby are important for her emotional growth. Waiting too long to treat PPD may result in long-lasting effects.

If you think you or a loved one may have PPD:

Family and friends may feel upset by these mood changes; in fact, they may notice that there is a problem even before the new mom does. They can help by being patient and supportive.

Love and support, however, may not be enough. When symptoms last longer than two weeks or affect a woman's ability to enjoy her daily life, loved ones should encourage the new mother to get help right away. Whether symptoms are mild or severe, with proper treatment, anyone can recover from PPD.

Women need to understand that postpartum depression is normal. It happens to even the most mentally balanced woman.

PPD TREATABLE & TREATABLE

Having a baby is a major life change. PPD can affect any woman who:

- Is pregnant
- Has recently had a baby
- Has ended a pregnancy or has miscarried
- Has stopped breast-feeding
- Is pregnant
- Has recently had a baby
- Has ended a pregnancy or has miscarried
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- Has recently had a baby
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- Has stopped breast-feeding

PPD can appear days or even months after childbirth. The warning signs are different for everyone but include:

- Trouble sleeping or sleeping too much
- Changes in appetite—eating much more or much less
- Feeling irritable, angry, or nervous
- Feeling exhausted
- Not enjoying life as much as in the past
- Lack of interest in the baby
- Lack of interest in friends and family
- Lack of interest in sex
- Feeling guilty or worthless
- Feeling hopeless
- Crying uncontrollably
- Feelings of being a bad mother
- Trouble concentrating
- Low energy
- Thoughts of harming the baby or herself
- Unusual changes in sleeping
- Not enjoying life as much as in the past
- Having hallucinations or delusions
- Not able to sleep
- Not trusting anyone
- Having even more problems

Resources:

- Tell your doctor
- Visit www.nhs.uk
- Ask family and friends to help care for you
- Join a PPD support group
- Seek treatment if feelings of unhappiness last longer than two weeks
- Call 1-800-328-3838 to find treatment services near your home (New Jersey residents)

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Women need to understand that postpartum depression is normal. It happens to even the most mentally balanced woman.
These feelings are upsetting. However, women don’t love her baby enough. She may think that she postpartum psychosis. A woman with one of (PPD) or, more rarely, a condition known as women feel a heavy sadness that doesn’t go away. However, some feel stressed following the birth of a baby. These Up to 80 percent of new mothers cry easily or and to get help when it is needed. The many moods of PPD

Young & Older, Urban & Suburban: PPD can affect anyone

No one is 100 percent sure why postpartum depression happens, but risk factors include:

- Changes in the body’s hormone levels
- A difficult pregnancy
- A birth that did not go as planned
- Medical problems with the mother or baby
- Not getting enough sleep
- Feeling alone
- Lo s of freedom
- Sudden changes in the home or work routines
- Personal or family history of depression
- Previous experience with PPD
- Not having enough support from family and friends
- High levels of stress

Although some women are more likely to experience depression than others, PPD can happen with any pregnancy or birth, even if a woman has had other babies without emotional problems. Women of every culture, age, income level, and race can have PPD.

It is important to remember that PPD is no one’s fault, and treatment is available.

Phone 1-800-328-3838

Website njspeakup.gov

These symptoms are like the baby blues but may feel out of control. She may want to avoid visiting people or talking about her feelings. 1 woman in 10 happen before the baby is born. Experiences depression during pregnancy. These symptoms are like the baby blues but may feel out of control. She may want to avoid visiting people or talking about her feelings. 1 woman in 10 happen before the baby is born. Experiences depression during pregnancy. These symptoms are like the baby blues but may feel out of control. She may want to avoid visiting people or talking about her feelings. 1 woman in 10 happen before the baby is born. Experiences depression during pregnancy. These symptoms are like the baby blues but may feel out of control. She may want to avoid visiting people or talking about her feelings. 1 woman in 10 happen before the baby is born. Although women may have postpartum depression (PPD) or, more rarely, a condition known as postpartum psychosis. A woman with one of these more serious problems may have difficulty bonding with her baby. She may feel that she is not a good mother. She may think that she doesn’t love her baby enough.

These feeling are upsetting. However women need to know that treatment is available.

Women need to understand that postpartum depression is normal. It happens to even the most mentally balanced woman.

- Alyson, East Windsor, NJ

PPD: Temporary & Treatable

Having a baby is a major life change. PPD can affect any woman who:

- Is pregnant
- Has recently had a baby
- Has ended a pregnancy or has miscarried
- Has stopped breast-feeding

PPD can appear days or even months after childbirth. The warning signs are different for everyone but include:

- Trouble sleeping or sleeping too much
- Changes in appetite: eating much more or much less
- Feeling irritable, angry, or nervous
- Feeling exhausted
- Not enjoying life as much as in the past
- Lack of interest in the baby
- Lack of interest in friends and family
- Lack of interest in sex
- Feeling guilty or worthless
- Feeling hopeless
- Crying uncontrollably
- Feelings of being a bad mother
- Trouble concentrating
- Low energy
- Thoughts of harming the baby or herself

Family and friends may feel upset by these mood changes; in fact, they may notice that there is a problem even before the new mom does. They can help by being patient and supportive.

Love and support, however, may not be enough. When symptoms last longer than two weeks or affect a woman’s ability to enjoy her daily life, loved ones should encourage the new mother to get help right away. Whether symptoms are mild or severe, with proper treatment, anyone can recover from PPD.
Every new baby is one of a kind and so is every new mom. Some women seem to sail through pregnancy and the first days of motherhood joyfully. Others ride a roller coaster of emotions, feeling happy and excited one minute and lonely or fearful the next. Most of the time, feelings of sadness are mild and pass quickly, but sometimes they are serious and don’t go away. The important thing is to understand the difference and to get help when it is needed.

Up to 80 percent of new mothers cry easily or feel stressed following the birth of a baby. These feelings, known as the “baby blues,” usually go away in a couple of weeks. However, some women feel a heavy sadness that doesn’t go away. Having a baby is a major life change. Postpartum depression can affect any woman who:

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Love and support, however, may not be enough. When symptoms last longer than two weeks or affect a woman’s ability to enjoy her daily life, even if she’s doing what is expected of her, this treatment is available. It is important to remember that PPD is no one’s fault, and treatment is available.

David’s Story from Cape May Court House, N.J.

David, a father of 3 kids under 4, had months of sleepless, crying nights. He used to stay up all night just to make sure his wife was all right. He had to pull his kids out of soccer and baseball because he was too tired to go. He felt like he was drowning. He said, “I didn’t think it would happen to me.”

Recognizing Postpartum Depression

If you think you or someone you know is having trouble, get help right away. Whether symptoms are mild or severe, with proper treatment, anyone can recover from PPD.

Speak Up When You’re Down

1-800-328-3838

www.njspeakup.gov

Phone line and website provide 24-hour, confidential, free, and confidential support to women who feel anxious and sad after giving birth. This state-funded program is a partnership of the Department of Health and Senior Services and the Department of Human Services, and is also supported by the New Jersey Suicide Prevention Council.

Healthy feelings between a mother and her baby are important for the baby’s physical and mental health. Healthcare providers and licensed counselors can help a woman find the treatment that is best for her. This treatment includes the right medication, education, counseling, and sometimes hospitalization for severe depression.

The Many Moods of PPD

Highs & Lows, Ups & Downs:

Recognizing Depression

Women need to understand that postpartum depression is normal. It happens to even the most mentally balanced woman.

- ALISON, EAST WINDSOR, NJ

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WEB SITE njspeakup.gov

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- Changes in the body’s hormone levels
- A difficult pregnancy
- A birth that did not go as planned
- Medical problems with the mother or baby
- Not getting enough sleep
- Feeling alone
- Loss of freedom
- Sudden changes in the home or work routines
- Personal or family history of depression
- Previous experience with PPD
- Not having enough support from family and friends
- High levels of stress

Although some women are more likely to experience depression than others, PPD can happen with any pregnancy or birth, even if a woman has had other babies without emotional problems. Women of every culture, age, income level, and race can have PPD.

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YOUNG & OLDER, URBAN & SUBURBAN: PPD CAN AFFECT ANYONE

No one is too perfect sure why postpartum depression happens, but risk factors include:

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The positive aspect of my getting help for PPD

is that I am a stronger woman now.

- EIZABETH ROEBLING, N.J.