

Postpartum Mood Disorders

Signs

Feelings

Baby Blues



Very common
Temporary

Persistent sadness or low mood, Withdrawal from others, Changes in sleep or appetite, Difficulty bonding, Loss of interest

Hopelessness, Guilt or shame, Feeling like a "bad parent", Numbness or emptiness, Feeling trapped

Baby blues are a normal hormonal response to birth and do not mean you're failing or doing anything wrong.

Depression



Common | Treatable
Occurs in First Year

Tearfulness without a reason, Mood swings, Irritability or sensitivity, Feeling overwhelmed, Fatigue

"I don't know why I'm crying", Emotional ups and downs, Feeling tender or raw, Still able to feel joy and connection

Postpartum depression is not a personal weakness- it's a medical condition, and help truly works.

Anxiety



Very Common
Includes OCD

Constant worry, Racing thoughts, Difficulty sleeping, Difficulty relaxing, Physical symptoms (ex: nausea), Reassurance-seeking, Distress about thoughts

Fear that something bad will happen, Feeling on edge or hyper-alert, Panic or dread, Intrusive thoughts, Mental or physical rituals to reduce anxiety

*Intrusive thoughts are common and do **not** mean you want to harm your baby- seeking support is a sign of care and protection.*

Rage



On its own or with
PPD & PPA

Sudden anger or irritability, Easily triggered, Snapping at loved ones, Physically expressions of anger, Anger that feels out of proportion

Anger followed by guilt or shame, Feeling out of control, Resentment, Overstimulation, "This isn't who I am"

Rage is often a signal of overwhelm, exhaustion, or unmet needs- not a reflection of who you are as a parent.

Psychosis



Rare
Medical Emergency

Confusion, Disorientation, Hallucinations, Delusions or unusual beliefs, Rapid mood changes, Difficulty distinguishing reality

Feeling detached from reality, Fear, Agitation, Paranoia, Feeling unlike yourself

Postpartum psychosis is urgent but highly treatable- immediate help can be lifesaving and restorative.

SUPPORT & HELP

If you are someone you love recognizes these experiences, support is available

POSTPARTUM SUPPORT INTERNATIONAL: **Call 1-800-944-4773**