

Talk to your loved ones about the signs of postpartum depression



Postpartum depression (PPD) is more common than you may think.

Postpartum depression (PPD) is one of the more common pregnancy-related conditions. Approximately 1 in 8 mothers in the United States report experiencing symptoms of PPD after childbirth. PPD is a real medical illness and can affect any mother—regardless of age, race, income, culture, or education. While only a doctor can make a formal diagnosis of PPD, it's important for you and your loved ones to understand the signs and symptoms.

The signs and symptoms of PPD aren't the same for every woman. Make a plan with your loved ones to watch out for any changes in your mood after you give birth.

Moms with PPD may show multiple signs and symptoms that can last for more than 2 weeks, including:

- Persistent sad, anxious, or “empty” mood most of the day
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue or abnormal decrease in energy
- Being restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping (even when the baby is asleep), waking early in the morning, or oversleeping
- Abnormal changes in appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Trouble bonding or forming an emotional attachment with the baby
- Persistent doubts about the ability to care for the baby
- Thoughts of death or harming oneself or the baby or suicide attempts



Talk to your doctor if you think you may be experiencing any of these symptoms.

check on
mom 

Preparing for the possibility of PPD

Here are a few talking points to help you start the conversation with your loved ones:

- I want to talk about PPD so that we can be prepared in case it happens
- PPD is a common condition that can affect the whole family. It's important to me to know that I can talk to you openly and honestly. Lately I've been feeling...
- The symptoms of PPD can leave women feeling overwhelmed by childcare responsibilities. Can I count on you for support if I experience PPD?
- PPD is a medical condition. We should discuss it with my doctor if we spot any of the signs
- Can I trust you to listen to how I'm feeling and accept what I'm saying without judgment?

Notes:



Have a conversation. Make a plan.

Talking about PPD with your doctor and loved ones can help you be prepared if PPD happens to you. Remember, only your doctor can make a formal diagnosis of PPD.

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