POSTPARTUM SUPPORT INTERNATIONAL

Do you feel sad or anxious?

Up to 20% of pregnant and postpartum mothers experience depression or anxiety

Symptoms vary and may come on gradually during pregnancy or in the year following birth. Symptoms might include:

- Frequent sadness or crying
- Changes in appetite
- Intense fatigue with low mood
- Insomnia or hypersomnia
- Anxiety/panic
- Feelings of helplessness, despair
- Lack of interest in sex
- Exaggerated high or low mood
- Irritability, anger
- Emotional numbness
- Repetitive thoughts or images
- Over concern for the baby
- Feeling disconnected from baby
- Difficulty concentrating, indecisiveness
- Feeling overwhelmed, confused
- Feelings of inadequacy or guilt
- Thoughts of suicide

You are not alone

The important thing to remember is that these symptoms are temporary and treatable with skilled professional care and social support. Whether this is stress, adjustment to parenting, normal baby blues or pregnancy/postpartum depression/anxiety, **Postpartum Support International** is here to help.

Call/Text: 1-800-944-4PPD
WWW.POSTPARTUM.NET

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