Postpartum Depression

URL of this page: http://www.nlm.nih.gov/medlineplus/postpartumdepression.html

Many women have the baby blues after childbirth. If you have the baby blues, you may have mood swings, feel sad, anxious or overwhelmed, have crying spells, lose your appetite, or have trouble sleeping. The baby blues most often go away within a few days or a week. The symptoms are not severe and do not need treatment.

The symptoms of postpartum depression last longer and are more severe. You may also feel hopeless and worthless, and lose interest in the baby. You may have thoughts of hurting yourself or the baby. Very rarely, new mothers develop something even more serious. They may have hallucinations or try to hurt themselves or the baby. They need to get treatment right away, often in the hospital.

Postpartum depression can begin anytime within the first year after childbirth. The cause is not known. Hormonal and physical changes after birth and the stress of caring for a new baby may play a role. Women who have had depression are at higher risk.

If you think you have postpartum depression, tell your health care provider. Medicines, including antidepressants and talk therapy can help you get well.

Dept. of Health and Human Services Office on Women's Health

Start Here

  Also available in Spanish [http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/hojas-datos/depresion-embarazo.pdf]
  Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/postpartum-depression,printerview.all.html]

Overviews

- Postpartum Depression [http://www.acog.org/~/media/For%20Patients/faq091.ashx] (American College of Obstetricians and Gynecologists) - PDF
- Postpartum Depression [http://www.mayoclinic.com/print/postpartum-depression/DS00546/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)
- Postpartum Depression [http://kidshealth.org/parent/emotions/feelings/ppd.html] (Nemours Foundation)

Latest News


Treatment

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/antidepressants.html]
of Mental Health)

Coping


Specific Conditions

- Postpartum Obsessive-Compulsive Disorder (OCD) [http://postpartum.net/Get-the-Facts/Pregnancy-or-Postpartum-OCD.aspx] (Postpartum Support International)
- Postpartum Psychosis [http://www.postpartum.net/Get-the-Facts/Postpartum-Psychosis.aspx] (Postpartum Support International)

Related Issues


Videos

- Postpartum Depression [http://www.nimh.nih.gov/media/video/postpartum-depression.shtml] NIH (National Institute of Mental Health)

Clinical Trials

- ClinicalTrials.gov: Depression, Postpartum [http://clinicaltrials.gov/search/open/condition=Depression,+Postpartum%22] NIH (National Institutes of Health)

Research


Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/007215.htm]

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:
- Depression [http://www.nlm.nih.gov/medlineplus/depression.html]

The primary NIH organization for research on Postpartum Depression is the National Institute of Mental Health [http://www.nimh.nih.gov]

Postpartum Depression - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/postpartumdepression.html]

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