

Baby Blues or Postpartum Depression?

Similarities



- Low mood
- Random bouts of crying
- Feelings of overwhelm
- Changes
- Anxiety, fear, or guilt
- Sleep disturbances
- Sadness and unhappiness



Postpartum Depression

- Onset: Can start within the first few weeks after delivery, but may begin up to six months postpartum.
- Duration: Can last for several months or longer.



Baby Blues

- Onset: Within the first few days after delivery.
- Duration: Typically resolves within two weeks.

Treatments



Baby Blues is typically resolved without treatment with selfcare. Postpartum Depression can be treated with psychotherapy, medications, and lifestyle modifications.

Getting Help



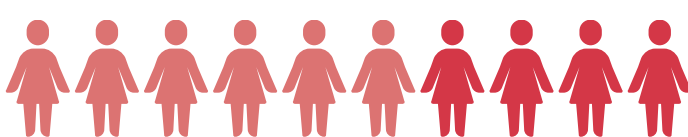
- Reach out to loved ones.
- Joins a support group.
- Keep a journal.
- Work with a mental health professional.

You're Not Alone



85% of new mothers experience Baby Blues and 1 in 7 mothers experience Postpartum Depression.

85%



1 in 7

