

## State and National Resources:

### Postpartum Support International

1-800-944-4773

[www.postpartum.net](http://www.postpartum.net)

### Postpartum Support Charleston

[www.ppdsupport.org](http://www.ppdsupport.org)

1-843-410-3585

### S.C. Department of Mental Health

[www.scdmh.net](http://www.scdmh.net)

1-833-364-2274

### National Suicide Prevention Lifeline

1-800-273-TALK  
(8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



# Depression During or After Pregnancy



## You are not alone

About one in eight women suffer from depression during or after pregnancy. Fathers can also experience signs and symptoms of postpartum depression.



## Depression symptoms can begin during pregnancy or anytime in the first year after giving birth and may include:

- Feeling sad
- Feeling very anxious or worrying too much
- Being irritable or cranky
- Trouble sleeping (even when tired) or sleeping too much
- Trouble concentrating or remembering things
- Trouble making decisions
- Loss of interest in caring for yourself (for example, dressing, bathing, fixing hair)
- Loss of interest in food, or overeating
- Not feeling up to doing everyday tasks
- Frequent crying, even about little things
- Showing too much (or not enough) concern for the baby
- Loss of pleasure or interest in things you used to enjoy

## Here are some things that can help:

- Talk to your healthcare professional.
- Lean on family and friends to help you take a break and rest as much as you can.
- Share your feelings with your partner, family and friends and other mothers.
- Find a support group in your community.
- Relax by deep breathing, yoga, meditation or listen to soft music.
- Talk to a mental health professional.
- Get regular physical activity. Try fun new activities with friends such as dancing.
- Take care of your body by eating regular meals and snacks. Make half your plate a variety of fruits and vegetables. Choose whole grains, and lean meats, and snack on nuts or yogurt.
- Focus on the positive things in your life and limit stressful activities.
- Avoid alcohol use.
- Take medication as recommended by your health care provider.