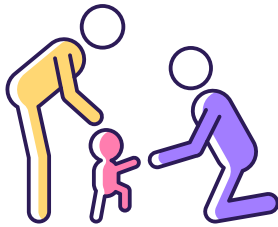


HFNY Safety Tips

Perinatal and Postpartum Depression

Pregnancy can be an exciting time in a person's life, but it can also bring challenges. Many people experience the baby blues after giving birth. Some parents develop symptoms of depression that are more intense, long-lasting, and can interfere with daily activities. It is important to recognize the signs of perinatal and postpartum depression and what treatment options may be most appropriate.

Postpartum Depression (PPD)



PPD can affect anyone—those with easy pregnancies or problem pregnancies, first-time parents and parents with one or more children, people who are married and people who are not, and regardless of income, age, race or ethnicity, culture, or education.

Each year in New York State, over **100,000** birthing persons, moms, and dads will experience a perinatal mood or anxiety disorder.

50%

Women who have one episode of postpartum depression have a **50% chance** of experiencing it again in their second pregnancy.

12.5%

1 in 8 women report symptoms of depression after giving birth.

10%

Postpartum depression can affect as many as **10% of fathers** within the first year.

- References**
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Perinatal Depression

- Perinatal depression is depression that occurs during or after pregnancy.
- The symptoms can range from mild to severe.
- In rare cases, the symptoms are severe enough that the health of the person and baby may be at risk.
- Perinatal depression can be treated.

Treatment Options

- Medication
- Self-Care
- Nutrition
- Therapy

Postpartum depression is depression that occurs after having a baby. Feelings of postpartum depression are more intense and last longer than those of “baby blues,” a term used to describe the worry, sadness, and tiredness many parents experience after having a baby.

Postpartum Depression

Postpartum depression may be mistaken for baby blues at first — but the symptoms are more intense and last longer. May include:

- Feelings of anger
- Withdrawing from loved ones
- Feeling distant from your baby
- Worrying or feeling overly anxious
- Thinking about hurting yourself or your baby
- Doubting your ability to care for your baby

Baby Blues

Symptoms of baby blues — which last only a few days to a week or two after your baby is born — may include:

- Mood swings
- Anxiety
- Sadness
- Irritability
- Feeling overwhelmed
- Crying
- Reduced concentration
- Appetite problems
- Trouble sleeping



Postpartum depression, which can last months or years after giving birth, can affect a parent's ability to bond with and care for their baby.



If left untreated, it can impact the parent's health and may cause sleeping, eating, and behavioral problems for the baby.



When perinatal depression is effectively treated and managed, it benefits both parent and child.

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