



## Mills Perinatal Wellness Group, PC

### What is Postpartum Psychosis?

A very small number of women (one or two in 1000) suffer a rare and severe form of Perinatal Depression called Postpartum Psychosis. Women who have a bipolar disorder or other psychiatric problem may have a higher risk for developing this form of Perinatal Depression. While it usually happens within several days of giving birth, it can happen up to six weeks after. Symptoms of Postpartum Psychosis may include:

<b>Signs and Symptoms of Postpartum Psychosis</b>
<b>Major Symptom</b>
<ul style="list-style-type: none"><li>• Seeing things or hearing voices that are not there</li><li>• Thoughts of hurting yourself, your baby, or others</li></ul>
<b>Behaviors</b>
<ul style="list-style-type: none"><li>• Extreme confusion</li><li>• Excessive energy and agitation</li><li>• Rapid and extreme changes in mood</li><li>• Distrusting other people</li></ul>
<b>Physical Symptoms</b>
<ul style="list-style-type: none"><li>• Cannot sleep (even when exhausted)</li></ul>

**If you or someone you know fits this description, this is a medical emergency. Call 911 or go to the nearest emergency room.**