



Mills Perinatal Wellness Group, PC

What is Depression?

One in five to seven women and one in four women of color suffers a form of Perinatal Depression after birth known as Postpartum Depression. Symptoms can begin any time in the first year after giving birth. Common symptoms for Perinatal Depression (either during or after pregnancy) include:

Signs and Symptoms of Depression
Feelings
<ul style="list-style-type: none">● Feeling depressed or extremely sad or empty most of the day nearly everyday● Feeling irritable or angry● Feeling guilty or worthless● Feeling hopeless● Feeling overwhelmed● Not enjoying the baby● Not interested in or able to enjoy activities that you used to enjoy
Thoughts
<ul style="list-style-type: none">● Having frightening thoughts including harming yourself and/or the baby● Thinking that things will never get better● Having thoughts that you are a “bad” or “terrible” mother
Behaviors
<ul style="list-style-type: none">● Sleeping too much or too little● Eating too much or too little● Withdrawing from family and friends● “Snapping” at people● Crying easily
Physical Symptoms
<ul style="list-style-type: none">● Having little energy● Feeling restless● Difficulty concentrating or making decisions● Having physical symptoms like headaches or upset stomach