



BABY BLUES OR POSTPARTUM DEPRESSION?



Baby Blues (experienced by 50-80% of birthing patients)

Symptoms can last up to two weeks immediately after giving birth and may include :

- Nervousness or anxiety
- Sadness
- In a bad mood a lot of the time
- Crying
- Feeling overwhelmed
- Difficulty getting things done
- Eating too much or not eating enough
- Sleeping too much or not sleeping enough

This is not a complete list of all of the symptoms you may experience

Postpartum Depression (experienced by 1 in 5 birthing patients)

Symptoms can develop during the last trimester of pregnancy through the first year after having baby and may include :

- Intense sadness
- Severe nervousness or anxiety
- Crying a lot
- Intense anger
- Difficulty bonding with your baby
- Sleep disturbances
- Feelings of guilt or being a bad parent

If you have thoughts about hurting yourself or your baby, it is a mental health emergency and needs to be treated. Call 911 or visit the nearest emergency room.

For resources related to maternal mental health, call the New Jersey Postpartum Resource and Support Network Program at 973-268-2280; the Family Health Line at 1-800-328-3838 (available Monday-Friday, 8am -6pm), or the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (852-6262) available 24/7.