

Go to's for

POSTNATAL DEPRESSION

What it can feel Like

- feeling sad, low, or teary most of the time
- feeling tired all the time
- feeling sleepy during the day
- feeling guilty or hopeless
- loss of appetite or overeating
- feeling angry or easily annoyed
- feeling like you are not a good mother, that you don't do enough, or that your baby doesn't love you
- thinking about harming yourself
- it is difficult to make decisions
- anxious that something could happen to your baby
- not enjoying spending time with your baby
- not feeling like yourself

Myths vs Fact

- **Myth:** Postpartum depression only happen with first child
 - **Fact:** PPD can happen with any birth
- **Myth:** Only people who had depression before pregnancy will experience PPD
 - **Fact:** While people who have had depression before their pregnancy are at greater risk of developing PPD, PPD can impact anyone regardless of prior mental health history
- **Myth:** PPD only impacts mothers
 - **Fact:** PPD can impact partners, too. Although this is quite rare, it does happen. Speak to your GP if you think you might be experiencing PPD as a partner.
- **Myth:** PPD will disappear by itself
 - **Fact:** PPD is a medical condition that requires medical help.

IMPORTANT!

Postnatal depression can come on suddenly, or it can slowly develop. It can appear at any point in the first 18 months of your baby's birth.

If you recognise any of the above, contact your GP or Midwife as soon as possible. They can help you get support you need. It is important that you tell your healthcare professional how you feel. It is better to get help than to hope it goes away on its own.

Postnatal depression does not mean you are a bad parent. It means your body is having a difficult time getting back to normal after baby, and it needs a little extra help. There is nothing you can do to prevent it, but you can help your body get better by being open and honest with your family, friends, and healthcare team. Asking for help is hard, but it's the very best thing you can do. Together, you can help get back to feeling like yourself and having a more positive experience with your new baby.