

## Post Partum Depression (PPD),....

Post-partum depression (ppd) affect mother's mood , thoughts, behaviour and the overall well being. PPD usually occurs between 2 weeks after birth up to 1 year.

Women is at a high risk of developping depression during pregnancy or following the birth of baby if she:

- Has had depression in the past
- Has family members with history of depression or anxiety
- Experiencing domestic violence/abuse, problem in her relationships
- Lack support system
- Have unrealistic expectation on herself
- Recent stressful life events such as losses, housing concerns, financial concerns,...
- Recently Immigrated to a new country, new city

### **Women who is experiencing PPD may :**

- Feel extremely sad
- Feel anxious
- Feel angry and irritable
- Feel hopeless and overwhelmed
- Loose interest in things she used to like
- Drastic change on sleeping patterns
- Isolate from family, friends and other people
- Feel guilt, shame "that she is an awful mother"
- Low Energy and crying often for no reasons
- Eating pattern change
- Scary thoughts

**If these symptom last for more than 2 weeks and impact your ability to look after your baby and carry out your daily activities please contact your Doctor.**

There is Help:

- ✚ Talk to your doctor, counsellor,
- ✚ Call your public health nurse
- ✚ Call health links @ 1888-315-9257
- ✚ Attend Baby 'n' Me program or other support group
- ✚ Reach out to friends or family member for support

For more information you can visit: [http://www.cbc.ca/mt\\_ept/stories/2013/08/08/postpartum-mental-health-calls-rise-after-winnipeg-deaths.html](http://www.cbc.ca/mt_ept/stories/2013/08/08/postpartum-mental-health-calls-rise-after-winnipeg-deaths.html)