Tips for Identifying Support for Postpartum Depression

If you are feeling overwhelmed or want support now, call or text the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

If you are in mental health distress or a suicidal crisis, call or text the Suicide and Crisis Lifeline at 988 for free and confidential support.

Postpartum Depression (PPD) is a common mental health condition. About 1 in 8 women report symptoms of postpartum depression in the year after giving birth. Feeling sad, anxious, or overwhelmed during pregnancy or in the months following birth are some common signs of PPD. You might not feel connected to your baby, or you might not feel love or care for the baby. You might even feel like harming yourself or your child. These symptoms are real, and reaching out for help is important.

ASK FOR SUPPORT

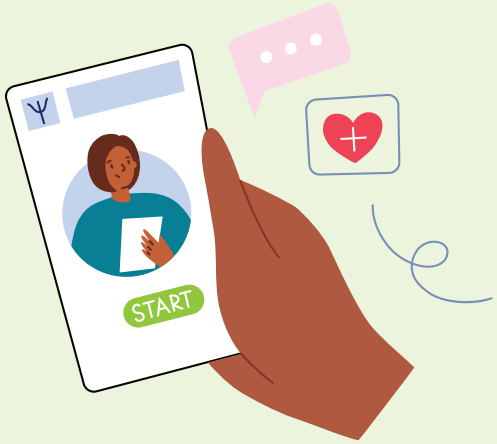
Reach out to your partner, a parent, a sibling, or a trusted friend to share how you're feeling and ask for support.

- Be specific. Do you need a ride to appointments, help with groceries or childcare, or someone to listen?
- If you don't know where to start, ask for help figuring out what you need, and create a support plan together.

FIND A COMMUNITY

If you don't have support from family or friends, you can get help in your community from:

- Social service agencies
- Family resource centers
- Faith-based groups
- Virtual or in-person support groups
- Breastfeeding groups



TALK TO A HEALTH CARE PROFESSIONAL

Share your symptoms with a trusted health care professional. They can connect you with more resources and mental health support. Your individual path to healing might include:

- Therapy: Counseling sessions with a mental health professional can help you understand and cope with your emotions and challenges.
- Medication: In some cases, medicine may be prescribed to help manage PPD symptoms.
- Support groups: Joining a support group of others experiencing PPD can provide information, comfort, and understanding.
- If you don't have a health care professional to connect with, you can find one in your area using the Find a Health Center tool at findahealthcenter.hrsa.gov.

PRACTICE SELF-CARE

There are things you can do to help yourself feel better:

- Talk about your feelings with your partner, supportive family members and friends.
- Rest as much as you can. Sleep when the baby is sleeping. If this is hard, ask someone you trust to watch the baby so you can rest.
- Don't try to do everything by yourself. Ask your partner, family & friends for help with things like childcare, housework, and grocery shopping.
- Make time for breaks, spending time with your partner, or visiting with friends. Find places where you can also bring your baby.
- Talk with other mothers to learn from their experiences.
- When possible, don't make any major life changes right after giving birth, like moving or starting a new job. These can cause unneeded stress.

For more information regarding Postpartum Depression, visit
womenshealth.gov/talkingPPD/toolkit

black infant health
Empowering Pregnant and Mothering Black Women

blackinfanthealth.org

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