

# Postpartum Depression (PPD)

Presented by Shelby DeBause, M.A., LMFT



Treatment options for PPD can include individual or family psychotherapy, medication, and support groups. Your doctor can easily screen you for PDD, as can a trained therapist. PDD is highly treatable.

- Affects about 13% of mothers during the first year postpartum
- Can manifest as guilt, anxiety, obsessiveness, exhaustion, apathy, and/or sadness
- Mother may or may not have difficulty bonding with her infant
- Is a complication of giving birth...not a character or competency issue!

## Postpartum Blues

- Affects most mothers and occurs in the first few weeks following birth
- Symptoms include mood swings, irritability, anxiety, crying spells
- Remits without intervention



Genesis Counseling Center  
[www.genescounselingcenter.com](http://www.genescounselingcenter.com)

Locations in Hampton, Yorktown/Newport News,  
Williamsburg, and Chesapeake

*touching lives, inspiring life*