Postpartum Depression (PPD)

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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

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