



### **TREATMENT OPTIONS**

A woman's health care provider can help her choose the best treatment, which may include the following:

- Counseling/Talk Therapy: This involves talking one-on-one with a mental health professional.
- Medication: Antidepressant medications act on the brain chemicals that are involved in mood regulation.

### **HOW CAN YOU HELP?**

- Encourage her to speak with her health care provider
- Offer emotional support
- Assist with daily tasks such as caring for the baby or the home

### **SYMPTOMS**

- Feeling sad, hopeless, empty or overwhelmed
- Crying more often than usual
- Worrying or feeling overly anxious
- Feeling moody, irritable or restless
- Oversleeping or being unable to sleep
- Having trouble concentrating, remembering details and making decisions
- Experiencing anger or rage
- Losing interest in enjoyable activities
- Suffering from physical aches and pains
- Eating too much or too little
- Withdrawing from friends and family
- Trouble bonding or forming an emotional attachment with her baby
- Persistently doubting her ability to care for her baby
- Thoughts on harming herself or baby

### **WHERE CAN I FIND MORE INFORMATION?**

<http://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

<https://www.mentalhealth.gov/>