

# Postpartum Depression



Many new mothers feel anxious, sad or angry about the changes in their lives after the birth of their babies. These feelings are normal, but may also be signals of a more serious postpartum depression. Women with postpartum depression usually recover completely, but support and medical management, including medicine, may be necessary. This quiz can help you decide if you are experiencing typical “baby blues” or a more rare, severe postpartum depression.

Do you:	Answer
Feel tearful from time to time?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel extremely fatigued due to lack of sleep?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel irritable or cranky?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel anxious about your health or your baby’s?	<input type="checkbox"/> Yes <input type="checkbox"/> No

The above are all symptoms of “baby blues” and will probably pass as you get to know your baby, become more confident as a mother, and get more rest.

Do you:	Answer
Feel depressed or sad almost all the time?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel that you can’t do anything right? (You may feel unattractive, unskilled as a mother, unable to care for your baby, and unable to learn.)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have no real desire to eat and get no enjoyment from food?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel anxious most of the time and really anxious some of the time?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feel unable to care for yourself and your baby?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Think thoughts that repeat in your mind and won’t go away?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have panic attacks? (Your heart beats fast and you may feel sweaty or short of breath.)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have thoughts about killing yourself or your baby?	<input type="checkbox"/> Yes <input type="checkbox"/> No

The above are all symptoms of a more severe postpartum depression. If you answered “yes” to even one symptom, speak to your health care provider without delay. Ask your partner or a friend for help.

Although it doesn’t feel likely right now, with treatment and support, you will feel better. Call Allina Postpartum Depression Support at 612-863-4770.