State and National Resources:

Postpartum Support International
1-800-944-4773
www.postpartum.net

Postpartum Support Charleston
www.ppdsupport.org
1-843-410-3585

S.C. Department of Mental Health
www.scdmh.org
1-800-763-1024

National Suicide Prevention Lifeline
1-800-273-TALK
www.suicidepreventionlifeline.org

Depression During or After Pregnancy
You are not alone
About one in eight women suffer from depression during or after pregnancy.

Depression symptoms can begin during pregnancy or anytime in the first year after giving birth and include:

- Feeling sad
- Feeling very anxious or worrying too much
- Being irritable or cranky
- Trouble sleeping (even when tired) or sleeping too much
- Trouble concentrating or remembering things
- Trouble making decisions
- Loss of interest in caring for yourself (for example, dressing, bathing, fixing hair)
- Loss of interest in food, or overeating
- Not feeling up to doing everyday tasks
- Frequent crying, even about little things
- Showing too much (or not enough) concern for the baby
- Loss of pleasure or interest in things you used to enjoy

Here are some things that can help:

- Talk to your healthcare professional.
- Lean on family and friends to help you take a break.
- Share your feelings.
- Find a support group in your community.
- Talk to a mental health professional.
- Get regular physical activity. Try fun new activities with friends such as dancing.
- Take care of your body by eating regular meals and snacks. Make half your plate a variety of fruits and vegetables. Choose whole grains, and lean meats, and snack on nuts or yogurt.
- Focus on the positive things in your life.
- Avoid alcohol use.
- Take medication as recommended by your health care provider.