



GETTING THE FACTS PERINATAL DEPRESSION

What is Perinatal Depression?

Perinatal Depression is depression that can occur anytime during pregnancy and up to one year after delivery. Feelings of depression or sadness may cause women to feel confused and alone. By learning to recognize and understand perinatal depression, a woman can seek support from her family and/or seek medical assistance. Husbands, partners, friends and family members can also help. Often they recognize that there is a problem even before the woman herself.

What Causes Perinatal Depression?

The exact cause of perinatal depression is unknown. Some factors that may contribute to perinatal depression are:

- Changes in hormone levels
- A difficult pregnancy
- Medical problems in either the mother or baby
- Lack of sleep
- Sudden changes in routines
- Personal or family history of depression
- A history of perinatal depression
- High levels of stress

Who is at risk for Perinatal Depression?

Perinatal depression can affect any woman who:

- Is pregnant
 - Has recently had a baby
 - Has ended a pregnancy or miscarried
 - Has stopped breastfeeding
- Women of any age, race or economic background may be at risk.

What are the symptoms of Perinatal Depression?

Symptoms may appear during pregnancy, after birth, or within the first year after giving birth.

Common symptoms are:

- Feeling down or sad for 2 weeks or longer
- Feeling anxious
- Trouble sleeping or sleeping too much
- Changes in appetite
- Feelings of irritability, anger or nervousness
- Not enjoying life as much as in the past
- Lack of interest in friends and family
- Feeling guilt or worthless
- Feeling hopeless
- Uncontrollable crying
- Trouble concentrating

How many women are affected in Connecticut?

It is estimated that 10-15% of women have perinatal depression.

What is the treatment for Perinatal Depression?

It is important that the residents of Connecticut treat depression sufferers within their families and their communities with compassion, and encourage them to get help. Depression is treatable. Options include but are not limited to: • Medication • Talk therapy • Support groups

If you suspect that you or someone you know may be suffering from perinatal depression, don't be afraid to ask for help. Talk to a health professional, friend, family member, partner, local clergyman or community leader.

**CALL 2-1-1 FOR MORE INFORMATION
ON WHERE TO GET PROFESSIONAL HELP.**



Keeping Connecticut Healthy

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