A PERSONALIZED GUIDE

Baby Blues or Postpartum Depression?

Support for a new family's next chapter

HOPE BEHAVIORAL MEDICINE

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Chapter One

The baby blues

Up to 85% of new mothers have the baby blues, which are short and do not get in the way of daily life.

Chapter Two

When it is more

Symptoms that are severe or last longer than 2 weeks after birth may be postpartum depression.

Chapter Three

It can start in pregnancy

Depression can begin during pregnancy too, which is why clinicians use the term perinatal depression.

Chapter Four

Never your fault

Perinatal depression has no single cause, and no one is to blame for having it.

Chapter Five

Partners feel it too

About 8 to 10% of fathers have postpartum depression, especially when the mother is depressed.

Epilogue

Care for the parent, too.

Caring for yourself is part of caring for your baby. Talk therapies such as CBT and interpersonal therapy help, and reaching out early makes a difference.

Ready to write your next chapter?

Visits by video across South Carolina or in West Ashley.

BOOK A VISIT

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