

Baby Blues and Postpartum Depression

Your hormones change after giving birth. You may be tired from being awake with your baby at night. Caring for your new baby can be stressful. At times you may feel moody, sad or depressed.

It is not your fault if you feel depressed or sad. Changing hormones after giving birth cause depression in some people. Talk to your provider to learn more about getting help. With help, you can feel better.

What are the Baby Blues?

- Baby blues are common mild changes in emotions or feelings that happen to most people
- after giving birth from changes in hormones,
- Symptoms usually go away about two weeks after birth
- You might cry easily, feel grumpy, have some worrying, or sadness.

What is Postpartum Depression?

Postpartum depression may be the same as the blues. But the signs last longer than 2 weeks and get worse. Postpartum depression can happen in the year after the baby is born. It is more common in the first 1-6 months after birth.

Common signs of postpartum depression:

- Feeling very sad or badly about yourself
- Sleeping all day or having trouble sleeping
- Not wanting to eat
- Worrying so much that you cannot think of anything else
- Not wanting to care for yourself or your baby
- Feeling like you want to hurt yourself or your baby
- Rarely, seeing or hearing things that are not there (psychosis).

How To Get Help

Talk to your provider. They can refer you to therapy or psychiatry.

Therapy or counseling uses talking with a mental health provider to understand and care for your mental health.

- Therapy can be alone or in a group.
- Therapy can help your mood and anxiety during pregnancy or after birth.

Psychiatry is working with a healthcare provider, like a psychiatrist, to understand and help your mental health.

- During these appointments, you will have time to talk and learn about safe mental health medicines or treatments for pregnancy, after birth, and lactation.
- These appointments are with a healthcare provider who has special training on mental health during pregnancy and postpartum

For Help Today

CBHC Clinic

Call: 617-414-5470

Visit: 8am-8pm on weekdays, 9am-5pm on weekends

Other Help

National Maternal Mental Health Hotline

Call or text 1-833-852-6262 if you are feeling overwhelmed after giving birth.

Postpartum International Support (PSI)

Call or text 1-800-944-4773 if you need help after birth. Virtual counseling available in many languages.

Parental Stress Line of Massachusetts

Call 1-800-632-8188 if you need help.

National Suicide and Crisis Hotline

Call or text 988.

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