

# Feeling very sad or anxious?

Have you been feeling overwhelmed and extra anxious since having your baby? Or even while you were pregnant?

Feeling depressed is common, and you can get help to cope.



## Isn't it just "baby blues"?

Postpartum depression is more intense than "baby blues" and lasts longer, up to a year after the baby is born. If you feel really sad or anxious or hopeless, and it's hard to get through your day, talk to your pediatrician during your baby's visit or call their office.

## Is this really a priority?

Yes. The way you feel affects your whole family. Untreated depression can impair your ability to bond with and care for your baby. A healthy baby needs a healthy you. You are important too!

## Shouldn't I just tough it out?

Parenting is hard, and everyone needs help sometimes. Spending a little time taking care of yourself now will benefit you and your baby for a lifetime. Untreated depression can be stressful for the baby and may slow their brain growth and language development.

## Do other people feel like this?

It's common to struggle, and many people can feel depressed or anxious after giving birth. Plus, COVID-19 has made this an extra lonely and anxious time for everyone, especially pregnant people and new parents.

## How can I get help?

Talk to your doctor or to your baby's pediatrician. Your pediatrician wants to know and can help you find resources to help you feel better.

## Still have questions?

Talk to your pediatrician. We are here to help you, your baby and your family thrive. You can also call Postpartum Support International **1-800-944-4773**. If you are considering harming yourself or your baby, call the suicide hotline **1-800-273-8255**, text HOME to **741741** or call **9-1-1**.

For help when it's needed, call or text the National Maternal Mental Health Hotline **1-833-9-HELP4MOMS** (1-833-943-5746). TTY Users can use a preferred relay service or dial 711 and then **1-833-943-5746**.



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