



POSTPARTUM DEPRESSION

Postpartum depression is a type of perinatal mood disorder that can happen after having a baby. It's more serious and lasts longer than the "baby blues". It's normal to feel happy, sad, or tired after having a baby. These mood swings are caused by changing hormone levels. They tend to go away in about a week. However, **postpartum depression** is a mood disorder. It causes strong feelings of sadness that don't go away. Postpartum depression can make it hard for a parent to care for themselves and their baby.

What Are Some of the Signs?

Symptoms of postpartum depression can include:

- Feeling sad or empty
- Worrying or feeling overly anxious
- Sleeping too much or too little
- Eating more or less than usual
- Finding it hard to bond with the baby
- Pulling away from family and friends
- Thinking about harming oneself or the baby

Treatment Postpartum depression can get better with help. These treatments can be used alone or together.

Talk Therapy: Talking with a mental health professional, like Carelon Behavioral Health, can help you feel better. They can help you change the way you think and deal with problems.

Medications: Taking medicine can improve your mood, but may take some time to work. Talk with your doctor.

Physical Activity: Regular exercise can boost your mood. Walk for 30 minutes every day to get your blood moving and feel good. Go at your own pace. It's okay to start with 5 minutes. Add more time as you get stronger.

Risk Factors Postpartum depression can affect anyone, but some parents are more likely to experience it. Things that can make it more likely include:

- Having felt depressed before
- Mixed feelings about the pregnancy
- Not having support from a spouse or partner
- Using alcohol or drugs
- Going through a tough event like losing a job or the death of a loved one
- Health issues for the parent or baby after giving birth

How to Take Care of Yourself?

Use these resources if you are having a hard time.

National Maternal Mental Health Hotline

Call or Text **1.833.852.6262**

TTY 711 Open 24/7

988 Suicide & Crisis Lifeline

Call or Text **988** Open 24/7

Carelon Behavioral Health

Call **1.877.344.2858** TTY 711 or 1.800.735.2929

Open 8 a.m.-8 p.m. Monday-Friday

For more information select **Maternal Mental Health** when you visit lacare.org/pregnancy

If you need this information in your language or in a different format, call L.A. Care Health Plan. The number is on the back of your card.