



Baby Blues and Postpartum Depression

Many new moms experience a shift in their emotional well-being. The most common postpartum adjustment problems are the baby blues and postpartum depression. If you are not feeling like yourself after delivery or wonder if you may have postpartum depression, call for an appointment.

Baby Blues

- Experienced by 70% - 80% of all new mothers
- Onset is usually within 2-3 days following delivery and lasts 7-10 days
- Symptoms may include:

Crying spells	Sadness	Anxiety
Fatigue/exhaustion	Mood swings	Irritability
Increased sensitivity	Feeling overwhelmed	Confusion
Difficulty coping	Inability to sleep, even when baby sleeps	Loneliness

Postpartum Depression (PPD)

If the Baby Blues persist for more than 2 weeks or if the symptoms intensify, the condition is considered to be postpartum depression.

- Experienced by 10% - 20% of all new mothers
- Onset is usually 4-8 weeks postpartum but may start anytime within the first year after birth.
- Most women will recover within 6-12 months without treatment, the condition may become chronic and interfere with mother-baby attachment
- Symptoms may include:

Appetite changes	Difficulty concentrating or remembering things
Indecisiveness	Feelings of worthlessness or guilt
Anger, agitation	Obsessive thoughts or fears
Loss of control	Lack of interest in usual activities
Wanting to run away	Loss of the ability to experience pleasure
Feeling disconnected	Lack of concern with personal appearance
Disturbing thoughts	Fears or thoughts of hurting yourself or your baby

Postpartum Psychosis

This is the most extreme form of postpartum adjustment reaction and occurs very rarely.

- Experienced by 1-2 mothers per 1,000 births
- Onset can be immediately following delivery or within the first several months postpartum
- Treatment must be sought immediately as a woman's condition may deteriorate rapidly
- Symptoms may include:

Extreme agitation	Extreme irritability	Irrationality
Inability to care for self or baby	Delusions and/or hallucinations	Impulsiveness
Thoughts of hurting your baby	Suicidal thought or plans	Sleeplessness

Postpartum Depression Resources

Maricopa Suicide and Crisis Hotline 24/7: 602-222-9444 • Available 24/7 and will come to you!

National Maternal Mental Health Hotline: 833-TLC-MAMA (852-6262) • Text or Call

Postpartum Suicide Prevention Hotline: 1-800-PPD-MOMS (773-6667)

Websites: postpartum.net postpartumstress.com postpartumcouples.com postpartumdads.com

Postpartum Depression Counselors

Banner University Women's Institute

Candice Wood, MD

1441 N. 12th St, Floor 3

Phoenix, AZ 85006

(602)521-5700

Pre-schedule a free consultation <https://apal.arizona.edu/schedule-consultation>

Redemption Psychiatry

Ann Marie Casey, PMHNP

2730 S Val Vista Dr, #146 Bldg 8 S

Gilbert, AZ 85295

(480)471-8560

www.redemptionpsychiatry.com

(more locations and counselors online)

Maternal Mental Health &

Women's Mental Health Therapy

Sandra Rodriguez-Siuts, Ph.D

9590 E Ironwood Square Dr., #210

Scottsdale, AZ 85258

(480)473-5411

www.sandrarodriguezphd.com

Women's Health Innovations of Arizona -

Maternal Mental Health Issues

Michelle Lacy, MA, LPC

Gilbert Location

1355 S Higley Rd, #113

Gilbert, AZ 85296

(480)339-7119

www.whiarizona.org

(more counselors online)

Tempe Location

9280 S Kyrene Rd #119

Tempe, AZ 85284

AZ Counseling Collective

Hannah Covert, MSN, CNM, PMHNP

2150 S Country Club Dr, #34,

Mesa, AZ 85210

(480)244-5243

Email: risingsunpsychiatry@gmail.com

www.azcounselingcollective.com

(more counselors online)

Brightside Health

Online Counseling

www.brightside.com