Postpartum Mood Changes

After a pregnancy, your hormone levels drop quickly as your body adjusts to no longer being pregnant. The sudden change in hormone levels may cause mood changes.

**Postpartum blues (“baby blues”)** affect about 85% of new moms. Symptoms may include:
- Anxiety
- Irritability
- Mood swings
- Loss of appetite
- Trouble sleeping
- Tearfulness
- Emotional sensitivity
- Fatigue

**Postpartum depression (PPD)** happens in about 15% of women. It lasts longer and is more than baby blues. PPD can start as early as 1 week after childbirth. PPD may include extreme baby blues and these symptoms:
- Anger
- Crying
- Hopelessness
- Feelings of guilt or shame
- Lack of interest in your baby
- Loss of interest in things you used to enjoy
- Thoughts of harming yourself or your baby

These factors can increase your risk for developing PPD:
- History of depression, anxiety or PPD
- Lack of support in caring for your baby
- Financial or marital stress
- Pregnancy, birth or breastfeeding problems
- Your baby is in the Neonatal Intensive Care Unit (NICU)
- You have gone through infertility treatment
- You have a thyroid imbalance or diabetes

**Postpartum psychosis** is a rare and severe form of depression. It only happens in about 1 to 2 out of every 1,000 new mothers. People with mental health conditions such as bipolar disorder or schizoaffective disorder are more likely to feel postpartum psychosis.

Contact your clinician if:
- Your symptoms are getting worse
- Your symptoms do not fade after 2 weeks
- You cannot care for your baby or complete daily tasks

*If your symptoms worsen and you feel that you are at risk of harming yourself or others, go to the nearest emergency department or call 911 right away.*

Your clinician: _______________________________    Phone: __________________________
Resources

- NorthShore University HealthSystem: No-cost, confidential, 24-hour postpartum hotline: 866.364.6667
- Postpartum Support International HelpLine: 800.944.4773 or postpartum.net
- National Alliance on Mental Illness: 800.950.6264
- National Suicide Prevention Lifeline: 800.273.8255
- March of Dimes: marchofdimes.org/pregnancy/postpartum-depression.aspx

TTY for all phone numbers: 711