Post- Partum Depression – Teresa Utley

I have recently been reading a lot of research on Post-Partum Depression. Having a baby should be the happiest time in a woman’s life but sometimes it brings a whole new set of symptoms. Educate yourself on knowing what the difference is in Baby Blues and Postpartum Depression.

 If you are experiences or have experienced any of the following, please call for help in managing the symptoms (205) 242-6261:

**Baby blues symptoms**Signs and symptoms of the baby blues — which last only a few days or weeks — may include:

* Mood swings
* Anxiety
* Sadness
* Irritability
* Crying
* Decreased concentration
* Trouble sleeping

**Postpartum depression symptoms**Postpartum depression may appear to be the baby blues at first — but the signs and symptoms are more intense and longer lasting, eventually interfering with your ability to care for your baby and handle other daily tasks. Postpartum depression symptoms may include:

* Loss of appetite
* Insomnia
* Intense irritability and anger
* Overwhelming fatigue
* Loss of interest in sex
* Lack of joy in life
* Feelings of shame, guilt or inadequacy
* Severe mood swing
* Difficulty bonding with the baby
* Withdrawal from family and friends
* Thoughts of harming yourself or the baby

Untreated, postpartum depression may last for a year or more.

According to The Mayo Clinic, you need to seek help if the signs and symptoms of depression

* Don't fade after two weeks
* Are getting worse
* Make it hard for you to care for your baby
* Make it hard to complete everyday tasks
* Include thoughts of harming yourself or your baby

Getting early treatment for postpartum depression can speed your recovery.