



# So, how are you feeling?

Postpartum mental health illnesses are not one-size-fits-all. Here is a quick overview of some of the most common disorders. Every experience is unique, so if you don't feel quite right, please speak to your doctor or a licensed specialist.

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## **Baby Blues**

- Occurs in 50-85% of mothers.
- Symptoms can include: Feeling overwhelmed, tearful, changes in appetite and sleep, anxiety and irritability.
- Usually lasts for the first two weeks (early adjustment period).

## **Postpartum Depression (PPD)**

- Occurs in 15-20% of mothers.
- Symptoms can include: Feelings of intense sadness, frequent tearfulness, loss or change in appetite, difficulty or change in sleep (too much or too little), lack of interest or joy in most things, irritability and / or anger, hopelessness, guilt, shame and thoughts of harming self or baby.
- PPD symptoms last longer and are more intense than "Baby Blues" symptoms.
- PPD usually shows up within the first several weeks after birth but depression can also start during pregnancy or at six months postpartum. Go by how you feel, not by a timeline.

## **Postpartum Anxiety (PPA)**

- Occurs in at least 10% of mothers.
- Symptoms can include: Persistent anxiety and worry about the baby (most common worries are about the health and well-being of baby), racing thoughts, sleep and appetite disturbance (similar symptom to PPD), difficulty focusing or sitting still, physical symptoms such as nausea or vomiting.
- Can occur in combination with PPD and PPA

## **Postpartum Obsessive Compulsive Disorder (PPOCD)**

- Occurs in 3-5% of mothers.
  - Hallmark symptom is intrusive and persistent (obsessional) thoughts as well as compulsions (thoughts or behaviors used to avoid or stop the intrusive obsessional thoughts from repeating).
  - A mother with PPOCD is usually aware these scary/obsessional thoughts are unrealistic.
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**For more postpartum mental health information,  
you can visit <http://www.postpartum.net>**

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