

Emotional disturbances that can occur after giving birth.

The most common emotional problems that occur after giving birth are the blues and depression.

What are the blues?

Approximately half of all mothers go through a period of tearfulness shortly after giving birth. As a new mother you might feel 'out of sorts' and start to cry for no apparent reason. This is completely normal and usually lasts only a couple of days.

What is postpartum depression?

Postpartum depression affects approximately one in ten women. It can occur anytime during the first year following the delivery but is most prevalent during the initial half year.

Symptoms of postpartum depression might include:

- A feeling of sadness/melancholy
- Not feeling as happy as usual
- A feeling of not "being yourself"
- Feeling unable to cope with the situation
- Feeling worried or afraid without cause
- Sleeping difficulties, irritability, lack of concentration
- Lack of appetite or the need to eat excessively
- Guilt feelings
- Tiredness, exhaustion, lack of energy

Some mothers have difficulty feeling any joy. They find that they are extremely sensitive and become easily upset, they feel 'out of sorts' all the time and start to cry for no apparent reason.

What can I do myself?

You can help yourself by getting enough rest. It is tempting to try to get things done while the baby is sleeping but the housework can wait. You don't need to be a 'supermum'! Try to eat well. Don't starve yourself in an attempt to regain your figure. Taking a walk outdoors every day can also be beneficial.

What help is available?

Postpartum depression can be successfully treated and it is important that you do not endure these worrisome symptoms assuming they will disappear on their own.

Speaking about how you feel often provides great relief and many women experience that they soon start to feel like their old selves. Child Welfare Centre nurses are trained to handle this type of problem and can offer counselling. If you feel unwell and/or the situation does not improve, Child Welfare Centre nurses will ensure that you receive the help you require.

Possible treatments:

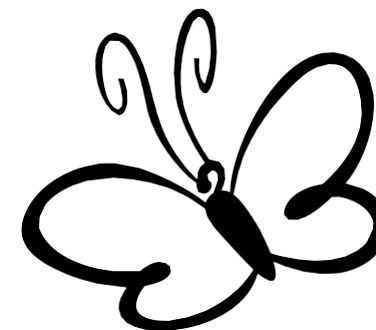
- Social support
- Counselling/ other conversational therapy
- Antidepressant medication
- Various combinations of the above

Will I get better?

Yes. It may take time, but everyone who suffers from postpartum depression recovers. We know that mothers who receive treatment improve faster than those who do not, thus avoiding months of needless suffering.

Remember that you do not need to suffer in silence!

The Blues and Postpartum Depression



2015-07-03



Region Örebro län

www.regionorebrolan.se/bhv

Postadress: Box 1613, 701 16 Örebro

Besöksadress: Eklundavägen 11, Örebro

E-post: barnhalsovarden@regionorebrolan.se

Telefon 019-602 70 37