Postpartum Mental Health

Postpartum Blues
Many moms get the ‘postpartum blues’ around 3–5 days after their baby is born. It’s common and may last up to 1–2 weeks.
You may:
- feel a little sad, restless, anxious or overly sensitive
- cry for no reason
- be impatient and irritable
- have trouble concentrating
- feel overly tired or have trouble sleeping
- find your mood changes often, such as going from feeling happy to feeling sad
If these feelings don’t go away or if they get worse, it may be a sign of postpartum depression or anxiety. Getting support from people close to you and practicing self-care may help your mental health and cope with postpartum blues if you have it.

Postpartum Depression
- Postpartum depression or anxiety can happen anytime during the first year after giving birth.
- Symptoms may include feeling overwhelmed or hopeless, having negative thoughts or not enjoying the things you used to. You may also experience physical symptoms including headaches or changes in appetite.
- If your symptoms last longer than 2 weeks and do not get better you may be experiencing postpartum depression.
- The chances of you having postpartum depression may increase if you’ve had depression or anxiety before or during your pregnancy.
- Untreated postpartum depression can affect your relationship with your baby, partner and family. This includes your ability to take care of yourself and your baby.
- Getting help when you first notice the symptoms of depression or anxiety is important. Asking for help doesn’t mean you’re weak, or that you’re not a good parent. Seeking help gets the support you need to feel better sooner.
- Taking care of yourself, both mentally and physically by practicing self-care may also lessen your symptoms.

If you are struggling, you are not alone.

Questions or Need Help?
1. Talk to your health care provider
2. Call Health Link 811 or the Mental Health Helpline 1.877.303.2642 for support and information
For information on Postpartum Depression visit www.ahs.ca/ppd
For information on postpartum mental health and self-care visit Healthy Parents, Healthy Children www.healthyparentshealthychildren.ca