

Depression is the most common problem during and after pregnancy.

How Many Moms...

- About 2 out of 10 moms get depression during pregnancy and/or after they have their baby

What are the things to watch out for?

- Feeling angry or irritable
- Lack of interest in the baby
- Changes in appetite
- Sleeping too much or not enough
- Crying and sadness
- Feelings of guilt, shame, or hopelessness
- Loss of interest or pleasures in things you used to enjoy
- Possible thoughts of harming the baby or yourself
- These things can start during pregnancy or during the first year after you have your baby

What to do?

- Depression can be treated
- If these things are happening or you experience them in the future, please tell your doctor right away