

Your mental health matters

# Symptoms of

# Post Partum Depression

Many women feel a bit down, tearful or anxious in the first week after giving birth. This is often called the "baby blues" and is so common that it's considered normal. The "baby blues" do not last for more than 2 weeks after giving birth.

If your symptoms last longer or start later, you could have postnatal depression. Postnatal depression can start any time in the first year after giving birth.

Difficulty bonding with your baby



Persistent sadness/ low mood



Trouble sleeping at night/ feeling tired during the day



Lack of energy/feeling tired all the time



Lack of enjoyment or loss of interest in the wider world



Withdrawing from contact with other people



For more information, please visit: [www.cryingcolic&beyond.com](http://www.cryingcolic&beyond.com)