



POSTPARTUM DEPRESSION IN FIRST-TIME MOTHERS

*More than the baby blues—and never a sign
that you are a bad mother.*



BABY BLUES OR POSTPARTUM DEPRESSION?

Baby blues often begin soon after birth and usually ease within about 2 weeks. Postpartum depression is more intense, lasts longer, or makes daily life and caring for yourself or your baby difficult.



WHAT IT CAN LOOK LIKE

- Ongoing sadness, emptiness, worry, or panic
- Irritability, anger, or feeling unlike yourself
- Guilt, shame, hopelessness, or feeling inadequate
- Loss of interest or difficulty feeling connected
- Sleeping or eating much more or less than expected
- Trouble concentrating or making decisions
- Feeling detached from your baby—or overly afraid something will happen
- Frightening intrusive thoughts that feel unwanted



FIRST-TIME MOTHERS MAY ALSO FACE

Sudden identity changes • pressure to “know what to do” • feeding or recovery challenges • sleep deprivation • isolation • relationship changes • limited support • a difficult pregnancy or birth



WHAT HELPS

Tell someone you trust. Contact your OB-GYN, primary-care provider, or mental-health professional. Treatment may include therapy, support groups, practical help, rest, and medication when appropriate. You deserve support before it becomes a crisis.



URGENT HELP

If you may hurt yourself or your baby, feel unable to stay safe, or experience confusion, paranoia, hallucinations, or extreme agitation, seek emergency help now. Call or text 988 in the U.S., call 911, or go to the nearest emergency department. Postpartum psychosis is a medical emergency.

**YOU ARE NOT FAILING.
YOU ARE EXPERIENCING SOMETHING TREATABLE.**

Kaleidoscope Counseling, PLLC
Finding Beauty in the Fragments of Life

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