

Postpartum depression treatment

Feelings of sadness and depression are more common after childbirth than most people think. When this goes on for a long time it may be postpartum depression. New parents with postpartum depression can go on to be healthy and happy with support and treatment.

Where do I start?

Talk to your health care provider about how you are feeling. This can be different for each parent.

What can happen if I do not get help?

Postpartum depression can last for months. Without treatment it can:

- last for years.
- affect how you care for your baby.
- affect your baby's sleeping, eating, and behavior.

How is postpartum depression treated?

Your health care provider can help you decide the best treatment for you. Some options are:

- **Cognitive behavioral therapy** (CBT) helps people learn about and change their thoughts and behaviors.
- **Interpersonal therapy** (IPT) helps people understand and work through relationship problems.
- **Medicine** can help with your mood. Many medicines can take a few weeks to work well. Moms who are breastfeeding should check with their health care provider to see if this is safe.

Resources that may be helpful

Postpartum Support International

<http://www.postpartum.net/> Warm line and resources for moms and dads

U.S. Department of Health and Human Services Office of Women's Health

<https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>

Postpartum depression and answers to common questions. (English & Spanish)

KidsHealth

<https://kidshealth.org/CHW/en/parents/ppd.html?ref=search> (English & Spanish) Postpartum depression and parenting a newborn.

ALERT: If you or someone you know is in crisis, or thinking of suicide or harming their baby, get help quickly.

- Call your health care provider
- Call 911 for emergency services or go to the nearest emergency room.
- Call the toll-free 24-hour hotline of the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) TTY: 1-800-799-4TTY (4889)

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.