New Moms Need Access to Screening & Treatment for POSTPARTUM DEPRESSION

1 IN 7 MOMS FACE POSTPARTUM DEPRESSION, experiencing:
- Uncontrollable crying
- Disrupted sleep
- Anxiety
- Shifts in eating patterns
- Thoughts of harming self or baby
- Withdrawal from friends and family

Yet only 15% receive treatment1

UNTREATED POSTPARTUM DEPRESSION CAN IMPACT:
- Baby’s sleeping, eating, and behavior as he or she grows4
- Ability to care for a baby and siblings
- 15% Mother’s health
- Ability to care for a baby and siblings
- Baby’s sleeping, eating, and behavior as he or she grows

TO HELP MOTHERS FACING POSTPARTUM DEPRESSION

POLICYMAKERS CAN:
- Fund Screening Efforts
- Protect Access to Treatment

HOSPITALS CAN:
- Train health care professionals to provide psychosocial support to families; especially those with preterm babies, who are 40% more likely to develop postpartum depression3,4
- Connect moms with a peer support organization

1 American Psychological Association. Available at: http://www.apa.org/pi/women/resources/reports/postpartum-depression.aspx