

# IS IT THE BABY BLUES OR POSTPARTUM DEPRESSION?

HEALTHY  
MOMS.  
STRONG  
BABIES.



## Baby blues

Feeling restless or anxious

Being impatient or grumpy

Crying for no reason

Feeling like “I’m not myself today”

Finding it hard to concentrate

Mood changes

Sadness

Starts within a few days of giving birth;  
goes away on its own within a couple of weeks

## Postpartum depression

Feeling overpowering guilt, sadness or panic

Being afraid of staying alone

Crying, anxiety or worrying a lot

Feeling hopeless or like you’re not good enough

No energy and finding it hard to focus

Weight loss, weight gain or appetite changes

Scary thoughts about yourself or your baby

Usually starts within 1-3 weeks of giving birth  
or anytime up to one year; needs treatment to  
get better



If you’re ever worried about hurting yourself or your baby, call 911 or go to the nearest emergency room.