



Postnatal Depression FACTSHEET



Having a baby is a life changing experience. Following the birth of a child it is common for new mothers to experience some form of depression.

There are 3 types of depression:

'Baby Blues' This is where a new mother experiences a low mood and may find they cry easily.

← Lasts around 1 week →

Affects **50%** of new mothers

Postnatal Depression is where a new mother may feel sad and tired a lot of the time. They may have a hard time bonding with their baby.

← Can take several months to disappear →

Affects **10%** of new mothers

Postnatal Psychosis. This is common with women who have **bipolar disorder** or someone in their family does. It means a person may:

- hear voices that are not there
- have big mood swings
- see things that are not there

Affects **1 in 500** of new mothers

← This will need treatment and time but a full recovery is possible. →

Treatment

Postnatal depression can be treated with one or a combination of:

- self help
- talking therapies
- medication

