Harmony
A MEMBER OF TRANSFORMATIONS CARE NETWORK

Find Balance and Harmony with your Mental Health

Dealing with Postpartum Depression? You Deserve Support.

About one in eight new birthing parents experience postpartum depression (PPD) after having a new baby. Sadly, only about 25% of these people get the professional treatment they need. Without proper support, PPD can stretch for months or even years, and lead to difficulty bonding with your baby. Getting the right support can make a big difference in how you feel.



What Is Postpartum Depression?

Hormones change drastically after giving birth, impacting mood and energy levels. About 80% of people who give birth experience a dip in mood for a few weeks, called "the baby blues," which involves crying spells, anxiety, or trouble sleeping. For others, these symptoms persist and escalate, leading to feelings of hopelessness, loss of interest in life (and even your new baby), and overwhelming exhaustion. PPD can impact people of all genders, including both birthing and non-birthing parents.

How Your Postpartum Depression Might Feel

- Severe sadness or mood swings, excessive crying, and feeling worthless or hopeless
- Overwhelming exhaustion and have difficulty sleeping, beyond caring for your baby overnight
- Trouble bonding with your baby, which could lead to fear that you're not a good parent
- Guilty about how you're feeling and behaving, leading to further withdrawal from loved ones who could help

What to Expect When You Seek Treatment

PPD treatment typically involves therapy and can also include medication. Our therapists can help you feel supported in finding healthy ways to process your feelings and think through healthy coping, while our psychiatric providers can determine which medications might be best for your symptoms. Many antidepressants can be safely used even while breastfeeding. If you don't respond well to medication but need additional support, transcranial magnetic stimulation (TMS) is also safe for new parents.

There Is Hope

As a new parent, you deserve support for your mental health. Just talking with an empathetic professional about how you're feeling could start the path toward healing. About 80% of people who seek professional help reach full recovery. Our approach to care makes it easier to fit treatment into your busy schedule, with telehealth options and many easily accessible local offices near you.

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You don't have to deal with postpartum depression alone. Reach out today.

(304) 833-9025 • www.grwhealth.com/lp/get-started