

Signs and Symptoms

Maternal Depression Group





Remember...

Maternal depression is an umbrella term for all conditions relating to a mother's mental health during, before, and after pregnancy.



Categories of Maternal Depression

- Prenatal Depression
- Baby Blues
- Postpartum Depression
- Postpartum Psychosis

Formal diagnoses will help you find the appropriate treatment and healing! Talk to your primary care provider to learn more.



Signs and Symptoms of maternal depression

- Feeling sad, worthless, or guilty
- Excessive worrying
- Loss of interest in activities or hobbies
- Changes in appetite
- Changes in sleep pattern
- Excessive crying
- Difficulty concentrating
- Confusion



References

Postpartum depression: Causes, symptoms & treatment. Cleveland Clinic. (n.d.). Retrieved from <https://my.clevelandclinic.org/health/diseases/9312-postpartum-depression>