

How does maternal depression affect mom?

Maternal Depression Group





Effects on mothers

- Mothers or the birthing people must experience the symptoms of maternal depression
 - Excessive crying, loss of interest, poor fetal attachment
- Additionally, birthing people must face the stigma that comes from experiencing maternal depression.

(Mental Health America, n.d.)



Stigma

- Many people hesitate to seek treatment for maternal depression because of a fear of admitting that they have a problem, a fear of what a depression diagnosis will mean for their children, and a fear of medication.
- Have you ever experienced stigma around maternal depression?

(Mental Health America, n.d.)



References

Maternal depression difference through community action. Mental Health America. (n.d.). Retrieved from https://www.mhanational.org/sites/default/files/maternal_depression_guide.pdf