



# What is Postpartum Depression?

The world is full of suffering, it is also full of the overcoming of it. Helen Keller

A woman may have postpartum depression if she feels bad for many weeks, months or longer after her baby is born.

Many women feel this way. Postpartum depression has a beginning and an end and can be treated.

**You are not alone!**



## Thoughts and feelings you might have:

- You might feel angry, worried or sad.
- You might feel panic..
- You might feel you are not a good mother.
- You might feel frustrated or angry with your baby.
- You might feel like you are bad, weak, or lazy.
- You might have thoughts that frighten you.
- You might cry a lot..
- You might feel bad that life with the baby is not what you thought it would be.

## How you can help yourself feel better:

- Take good care of your body with sleep, healthy food and exercise.
- Ask for the help you need from your husband, partner family and friends.
- Learn more about postpartum depression and ways to get well.
- Join a postpartum depression support group to talk with others who understand.
- Talk to Families Matter staff.

**Postpartum depression is a treatable illness.  
It will end.**

**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

Support for this resource was  
generously provided by :

