

What you may have heard...

**“When
mom is happy
the whole family is
happy!”**

What you might NOT have heard...



**When mom suffers from
postpartum depression, it doesn't
only affect her, it can also affect the
whole family.**

Postpartum depression can affect:

- The health of mom
- The relationship between mom and her spouse or partner
- Bonding with her baby and her other children
- Brain development of her baby and her other children

1 out of every **4** women in Utah who has a new baby
suffers from postpartum depression.

**Women who suffer from
postpartum depression should talk
to their doctor.**

WHAT IS POSTPARTUM DEPRESSION?

After having a new baby it is common for women to feel down or sad. This is often called the “Baby Blues.” Most of the time, the baby blues go away soon after the baby is born. If the baby blues don't go away after 2 or 3 weeks, this is called postpartum depression and may need treatment. There is no reason to feel embarrassed or afraid to talk to your doctor about postpartum depression.