



Understanding Postpartum Depression

Welcoming a baby into the world is an exciting and joyful time. However, being a parent can also be tiring and overwhelming. Some new moms may experience a more severe, long-lasting form of depression known as postpartum depression.

If you are feeling depressed, seek treatment from your healthcare provider as soon as possible.

Your mental health matters.



What is postpartum depression?

Postpartum depression includes strong feelings of sadness, anxiety, and tiredness that last for a long time after giving birth. These feelings can make it hard for you to take care of yourself and your baby.¹

Is postpartum depression the same as baby blues?

The term “**baby blues**” is used to describe common mood swings and mild depressive symptoms experienced by mothers. Baby blues last only a few days to a week or two after your baby is born. Feelings of postpartum depression are more intense and last longer than those of baby blues.²

SOURCES

1. <https://www.marchofdimes.org/find-support/topics/postpartum/postpartum-depression>
2. <https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617>
3. <https://my.clevelandclinic.org/health/diseases/9312-postpartum-depression>
4. <https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>

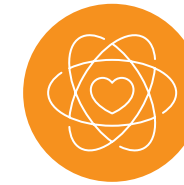
What are the symptoms of postpartum depression?



Mental health can strongly influence the ability to nurture and care for a child. Recognizing the signs of postpartum depression is critical to getting the help you need. Symptoms may include:

- + Feeling sad, worthless, hopeless, or guilty
- + Worrying excessively or feeling on edge
- + Loss of interest in hobbies or things you once enjoyed
- + Changes in appetite or not eating
- + Loss of energy and motivation
- + Trouble sleeping or wanting to sleep all the time
- + Crying for no reason or excessively
- + Difficulty thinking or focusing
- + Thoughts of suicide or wishing you were dead
- + Lack of interest in your baby or feeling anxious around your baby
- + Thoughts of hurting your baby or feeling like you don't want your baby³

How is postpartum depression treated?



Acknowledging that you may have postpartum depression is the first step toward healing and improving your mental well-being. If you feel like you might have postpartum depression, speak to your healthcare provider as soon as possible. Your provider will ask you questions about how you're feeling and help you get the treatment you need. Treatment can include counseling, support groups, and/or medicine. Getting treatment is the best thing you can do for yourself and your child.

As an enrollee of AmeriHealth Caritas District of Columbia (DC), you have access to a variety of behavioral health services including 24/7 emotional support and mental health coaching via text message.

Enrollees ages 13 and older can access hundreds of guided meditation and mindfulness exercises, or chat with an emotional support coach anytime, anywhere all in the Headspace app. Visit <http://work.headspace.com/amerihealth/member-enroll> to get started.

Bright Start[®]

Whether you're a new or expecting mother, AmeriHealth Caritas DC's Bright Start[®] program is here for you! **Bright Start is a maternity care program** that helps enrollees make healthy choices for themselves and their babies. As a Bright Start member, you will be in contact with a Care Manager who can help you:

- Find an OB/GYN or midwife
- Schedule transportation to and from your appointments
- Get diapers, a car seat, a breast pump, and other supplies
- Find breastfeeding support and childbirth classes
- Create a birth plan
- Sign up for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Sign up for home-delivered meals and other nutrition programs

To join Bright Start, call 1-877-759-6883, Monday to Friday, 8:00 a.m. – 5:00 p.m.

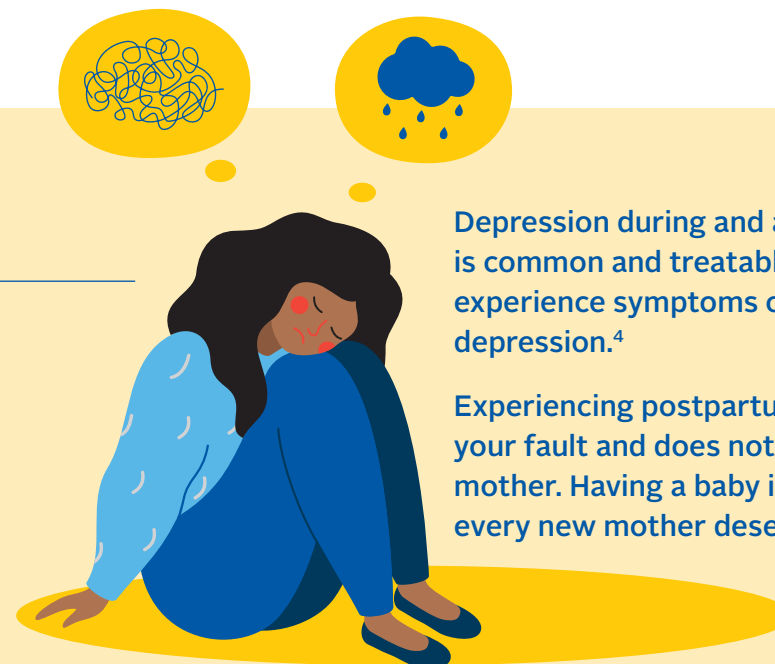
We can also help determine if you are experiencing postpartum depression and offer a treatment plan.

How common is postpartum depression?



1 IN 8

WOMEN EXPERIENCE SYMPTOMS OF POSTPARTUM DEPRESSION



Depression during and after pregnancy is common and treatable; **1 in 8 women** experience symptoms of postpartum depression.⁴

Experiencing postpartum depression is not your fault and does not mean you are a bad mother. Having a baby is challenging and every new mother deserves support.

More Information

To learn more, visit www.amerihhealthcaritasdc.com or contact AmeriHealth Caritas DC Enrollee Services at 1-800-408-7511, 24 hours a day, seven days a week.

We are here when you need us.

AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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