

d. Postpartum Depression

MODULE 3

If you notice that your partner is depressed for long periods and that she has trouble managing her emotions, contact a health professional. Postpartum depression can occur in the first two to three weeks after delivery or many months if not years later. This can also happen to a woman who adopts a child. This type of depression seems to occur more frequently to women with a family history of depression, but it can occur without any apparent reason and without warning.



The woman suffering from postpartum depression feels sad, unhappy, and anxious. These feelings last longer than two weeks. The feelings and the symptoms are similar to the *baby blues* but are more intense and last longer. A health professional will work with your partner and find the best treatment for her. You will find more information on this topic in Module 8 entitled "Healthy Family".