

# Postpartum Depression

**Postpartum Depression (PPD)** is a medical condition where moms suffer from depression after giving birth to a baby

- **Is Real**
- **Is Treatable**

## Symptoms

- Excessive worry/sadness/crying
- Severe mood swings
- Feeling anxious or having panic attacks
- Thoughts of self-harm or harming your baby
- Extremely low self-esteem



If you feel like you might be suffering from any of these symptoms, then the most **wise and responsible** thing to do is to get help right away

## How to get help

- Talk to your doctor
- Get screened
- PPD is 100% treatable if treatment starts as early as possible

**You are not alone & it is not your fault**  
About 10-20% of women suffer from PPD worldwide



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Efforts initiated by Ajmera, Shah, Chandaliya families, Designed by Eeshan Ajmera