



Depression in Pregnancy

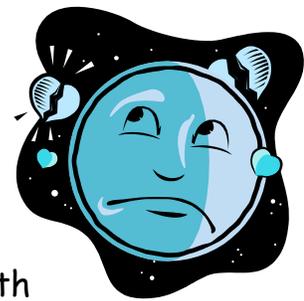
A new baby is a big change in a woman's life. Many new mothers get support from family, childbirth classes, and visits to their doctor or midwife.

Mood swings are common in pregnancy. But some women feel much worse. A mother-to-be may have crying spells. She may have trouble sleeping or not feel like eating. Sometimes, she can have panic attacks or thoughts of suicide. Women who feel this way need help.

Symptoms of Depression

You may:

- feel sad or "down" all the time, or almost all the time
- Have sleep problems
- Not feel like eating (not because of morning sickness)
- Feel too guilty about something
- Worry all the time about your own or your baby's health
- Have panic attacks with a racing heartbeat and trouble breathing
- Think about something all the time (obsession) or do something over and over (ritual) that makes it hard for you to do your work
- Have thoughts of death or suicide



What Should I Do About It?



Without help, depression can make it hard for you to enjoy your pregnancy. It may also make it hard for you to bond with your baby. This can lead to long-term problems.

If you think you are depressed, get help from your doctor or midwife. Don't be afraid to talk about it during prenatal visits.

If your doctor gives you pills for depression, take them every day. Let your doctor know if the pills don't work well.