

## What are the Signs of Postpartum Depression?

Please note that you may have some or all of these symptoms for a brief time following having a baby as a normal part of the experience. If they are long-lasting or very intense, they may indicate depression, and a visit with your doctor or a specialist is the best way to find out for sure.

The signs of postpartum depression include:

- Feeling restless or irritable.
- Feeling sad, depressed or crying a lot.
- Having no energy.
- Having headaches, chest pains, heart palpitations (the heart being fast and feeling like it is skipping beats), numbness, or hyperventilation (fast and shallow breathing).
- Not being able to sleep or being very tired, or both.
- Not being able to eat and weight loss.
- Overeating and weight gain.
- Trouble focusing, remembering, or making decisions.
- Being overly worried about the baby.
- Not having any interest in the baby.
- Feeling worthless and guilty.
- Being afraid of hurting the baby or yourself.
- No interest or pleasure in activities, including sex.

If you recognize these symptoms and are concerned that you may be depressed, please make an appointment with your doctor or call ValueOptions at the toll-free number on your insurance card for a referral to a specialist.