

A joyous event – but where is the joy?



You've recently had a baby –
congratulations!

We hope that you and your
baby are doing well.

Unfortunately this is not the
case for mothers about 15 % of
the time.

Do any of these symptoms sound familiar to you?

- Exhaustion
- Trouble concentrating
- Mood swings
- Sleep and appetite disturbances
- Listlessness and/or emptiness
- Bodily complaints (aches and pains)
- No feelings for your baby/feelings of rejection towards your baby
- Guilt
- Fear and panic attacks
- Suicidal thoughts

Don't be ashamed – you may have an illness that effects roughly 12'000 women each year in Switzerland alone: Postpartum Depression (PPD), called Postnatale Depression in German-speaking Switzerland and abbreviated as PND.

- PPD can affect any woman
- PPD can begin weeks or even months after childbirth
- PPD should be monitored and treated
- PPD can be cured

On the Postpartum Depression Society of Switzerland's website (currently only in German) you will find a short self-test and helpful information about the disease as well as an overview of support and treatment options.

We are grateful for donations that support our activities and projects:
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