

Depression During and After Pregnancy

A silhouette of a woman pushing a stroller, standing under the shade of a large tree. The scene is set against a light, overcast sky, with the tree's branches and leaves creating a dark, textured canopy over the woman and stroller.

Depression causes severe symptoms that affect daily life.

Everyone feels sad sometimes, but these feelings normally pass within a few days. Depression is a serious mood disorder that may last for weeks or months at a time.

Sharp Rees-Stealy Medical Centers & Agile Health in collaboration with your doctor are ensuring you get the screening you need as part of your postpartum care. Once registered, two weeks post-delivery, you will receive three multiple choice text messages sent to your mobile phone. After answering all three questions, if you screen positive for depression, we will contact you for services.

Screening is important get started today

- 1. Text SRS4MOM to 63141**
- 2. You will then be asked a few identifying questions via text**
- 3. Text YES when you receive the Opt-In text message***

* Standard text messaging rates may apply. You may stop the text messages by texting STOP to 63141.

Depression during and after pregnancy is common and treatable.

According to a new analysis by Obstetrics & Gynecology, the rate of pregnant women with a depression diagnosis at delivery increased by seven times from 2000 to 2015. Additionally, CDC research shows that about 1 in 9 women experience symptoms of postpartum depression.

Having a baby is challenging and every woman deserves support. If you are experiencing emotional changes or think you may be depressed, Sharp Rees-Stealy Medical Centers & your physician can help. Most people get better with treatment and getting help is the best thing you can do for you and your baby.

Depression doesn't feel the same for everyone

Some people may experience a few symptoms, and others might experience many. How often symptoms occur, how long they last, and how intense they may feel can be different for each person. If you think you have depression, seek treatment from your health care provider as soon as possible.

Depression symptoms

- Having a **lasting sad, anxious, or "empty"** mood.
- Feelings of **hopelessness** or **pessimism**.
- Feelings of **guilt, worthlessness, or helplessness**.
- Feelings of **irritability** or **restlessness**.
- **Loss of energy**.
- **Problems concentrating**, recalling details, and making decisions.
- **Difficulty falling asleep** or sleeping too much.
- **Overeating** or **loss of appetite**.
- **Suicidal thoughts** or suicide attempts.
- Aches or **pains that do not get better** with treatment.
- **Doubting your ability** to care for your baby.



Postpartum depression is different from the baby blues

Postpartum depression is depression that occurs after having a baby. Feelings of postpartum depression are more intense and last longer than those of "baby blues," a term used to describe the worry, sadness, and tiredness many women experience after having a baby.

Symptoms of postpartum depression

- Crying more often than usual.
- Feelings of anger.
- Withdrawing from loved ones.
- Feeling distant from your baby.
- Worrying or feeling overly anxious.
- Thinking about hurting yourself or your baby.
- Doubting your ability to care for your baby.

Recorded Diagnoses of Depression During Delivery Hospitalizations in the United States 2000-2015
Trends in Postpartum Depressive Symptoms — 27 States, 2004, 2008, and 2012
Content sourced from: Centers for Disease Control and Prevention: Depression During and After Pregnancy

For Immediate Help

If the situation is potentially life-threatening, call 911.

If you or someone you know is in crisis, call the San Diego Access & Crisis Line at **1 888-724-7240** for free and confidential crisis counseling available 24 hours a day, 7 days a week.

TTY: **1 619-641-6992** is also available 24/7.