

Postpartum Depression

1 in 9 mothers experience depression after giving birth.

Postpartum depression (PPD) often appears 1–3 weeks after childbirth but may begin during pregnancy or up to a year after birth.

The most common symptoms are feelings of guilt, trouble sleeping and difficulty bonding with the baby.

Don't struggle in silence.

Many women let stigma and fear keep them from getting help. Seek treatment as soon as possible if you think you have signs of depression.

- Request a screening while pregnant.
- Report symptoms to your doctor.
- Let others support you and help you care for your baby.

Texas Medicaid Coverage

Women with PPD can receive services, including:

- Individual, family or group counseling
- Diagnostic evaluations and testing
- Hospital stays
- Medication

www.healthytexaswomen.org

www.mentalhealthtx.org

Dial 211, option 8

Freedom From Stigma



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