

BABY BLUES

2-3 WEEKS AFTER
BIRTH; USUALLY
RESOLVES SOON

ANXIETY,
TEARFULNESS,
IRRITABILITY

MINOR TROUBLE
CONCENTRATING

TIREDNESS ALONE

NOT PRESENT

NOT PRESENT/VERY
RARE

VS

POSTPARTUM DEPRESSION

ONSET & DURATION

WITHIN WEEKS TO UP
TO A YEAR
POSTPARTUM

EMOTIONAL
SYMPTOMS

PERSISTENT SADNESS,
HOPELESSNESS,
ANGER, GUILT

COGNITIVE SYMPTOMS

SIGNIFICANT DIFFICULTY
WITH FOCUSING,
MEMORY, DECISIONS

PHYSICAL SYMPTOMS

FATIGUE, SLEEP/APPETITE
CHANGES, ACHES AND
PAINS

BEHAVIORAL
SYMPTOMS

SOCIAL WITHDRAWAL,
BONDING ISSUES,
ANGER

SEVERE WARNING SIGNS

HALLUCINATIONS,
DELUSIONS,
SELF-HARM RISK