



# Wondering why your pregnancy or new baby isn't making you happy?



Being pregnant and having a baby are major life events and can cause worry, tiredness and sadness. Usually these feelings don't last long, but if they do, you may be suffering from depression or anxiety. To learn more, read on...

## What you should know

- Depression and anxiety during pregnancy and following childbirth are very common and are not signs of weakness.
- They are characterized by persistent sadness and/or worrying, a loss of interest in activities that you normally enjoy, as well as difficulty carrying out daily activities.
- Symptoms of depression during pregnancy or after childbirth also include: a feeling of being overwhelmed; persistent crying for no apparent reason; and doubts about being able to care for yourself and your baby.
- Other common symptoms include: a loss of energy; a change in appetite; sleeping more or less; difficulty concentrating; indecisiveness; restlessness; and feelings of worthlessness, guilt, or hopelessness.
- Some people also experience thoughts of self-harm or suicide.
- You are not alone. Depression and anxiety can be treated – with talking treatments, medication or both.
- If you think you may have depression or are anxious, it's important to seek help – for your own health, and the health of your baby.

## What you can do

- Discuss your feelings with people close to you and ask them for support. Don't be afraid to ask them to help you with day-to-day tasks to give you time to yourself.
- Stay connected with friends and family.
- Go out in the open air when you can – taking your baby for a walk is good for both of you.
- Talk with other caregivers who may have advice or be able to share experiences.
- Talk to your health-care provider – they can help you find the right support and treatment.
- If you have thoughts of harming yourself or your baby, contact someone you trust, or call the emergency services straightaway.

**REMEMBER:** Depression and anxiety during pregnancy and after childbirth are very common. Don't be afraid to seek help.

