CLÍNICA VIVALDI · FREE SHEET · DEPRESSIVE

Perinatal and postpartum depression

Depression that occurs during pregnancy or after childbirth. It's common, it doesn't depend on being a good or bad mother, and it has treatment.

COMMON SIGNS

- Sadness or crying that doesn't ease after the first few weeks
- Feeling overwhelmed or guilty
- Difficulty bonding with the baby

TIPS FOR YOU

1. Ask for help: you don't have to cope with everything
2. Rest when you can and share out tasks
3. If at any point you think about harming yourself, call 024 or 112. You don't have to go through this alone.

FOR FAMILY AND FRIENDS

1. Take on housework and night shifts
2. Tell her she isn't alone and that asking for help is caring for the baby

WHEN TO ASK FOR HELP

1. If she talks about harming herself or the baby: 112
2. If she sees or hears strange things after giving birth: emergency services

TO OBSERVE AND NOTE DOWN

☐ I feel sad or cry most of the day

☐ I feel overwhelmed with the baby

☐ I feel guilty for not being a "good mother"

☐ I find it hard to enjoy my baby

☐ I sleep badly even when the baby is asleep

☐ I'm very irritable or anxious

☐ I find it hard to look after myself

☐ It has been more than two weeks since the birth and I'm not getting better

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/depresion-perinatal-y-posparto
- Full article: Postnatal depression: clinicavivaldi.com/en/trastorno-depresion-posparto
- 024 suicide crisis line (Spain, free, 24 h): https://www.sanidad.gob.es/linea024/home.htm
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com