

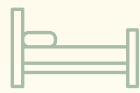
New Moms Need Access to Screening & Treatment for **POSTPARTUM DEPRESSION**



1 IN 7 MOMS FACE POSTPARTUM DEPRESSION, experiencing



Uncontrollable crying



Disrupted sleep



Anxiety



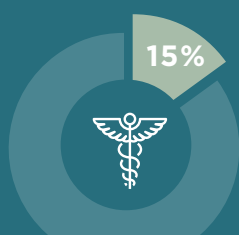
Shifts in eating patterns



Thoughts of harming self or baby



Withdrawal from friends and family



Yet only 15% receive treatment¹

UNTREATED POSTPARTUM DEPRESSION CAN IMPACT:



Baby's sleeping, eating, and behavior as he or she grows²



Mother's health



Ability to care for a baby and siblings



TO HELP **MOTHERS FACING POSTPARTUM DEPRESSION**



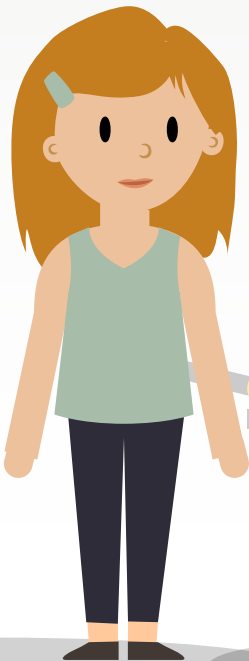
POLICYMAKERS CAN:

- Fund Screening Efforts
- Protect Access to Treatment



HOSPITALS CAN:

- Train health care professionals to provide psychosocial support to families... especially those with preterm babies, who are 40% more likely to develop postpartum depression^{3,4}
- Connect moms with a peer support organization



¹ American Psychological Association. Available at: <http://www.apa.org/pi/women/resources/reports/postpartum-depression.aspx>

² National Institute of Mental Health. Available at: <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

³ Journal of Perinatology (2015) 35, S29–S36; doi:10.1038/jp.2015.147.

⁴ Prevalence and risk factors for postpartum depression among women with preterm and low-birth-weight infants: a systematic review. Vigod SN, Villegas L, Dennis CL, Ross LE BJOG. 2010 Apr; 117(5):540-50.