

You may be suffering from post partum depression if you've had five or more of the following symptoms (including at least one of the first two symptoms) for most of each day over the past 2 weeks:

1. Depressed mood-tearfulness, hopelessness, and feeling empty inside, possibly with severe anxiety
2. A significant loss of pleasure in either all or almost all of your daily activities
3. Appetite and weight change-usually a drop in your appetite and weight, but sometimes the opposite
4. Sleep problems-usually insomnia (for PPD - even when your baby is sleeping)
5. Noticeable changes in how you walk and talk-usually restlessness, but sometimes sluggishness
6. Extreme fatigue or loss of energy
7. Feeling worthless or having inappropriate guilt
8. Difficulty concentrating and making decisions
9. Thinking a lot about death or suicide

Clinical Depression* can carry the following symptoms and signs:

1. you can't sleep or you sleep too much
2. you can't concentrate or find that previously easy tasks are now difficult
3. you feel hopeless and helpless
4. you can't control your negative thoughts, no matter how much you try
5. you have lost your appetite or you can't stop eating
6. you are much more irritable and short-tempered than usual
7. you have thoughts that life is not worth living (Seek help *immediately* if this is the case)

*excerpted from www.helpguide.org, understanding depression.

**Seek help
from your physician, midwife, therapist, or other health care professional
if you believe you may have depressive symptoms.**