

Mayo Clinic Minute: Postpartum depression is more than baby blues

Video	Audio
	It's been a month since you welcomed your new baby into the world. You're supposed to be elated. Instead, you feel sad, lonely, irritable and depressed.
Summer Allen, M.D. Family Medicine Mayo Clinic	"Postpartum depression is typically defined as mood symptoms, anxiety that presents in women – usually within three weeks or longer, say up to the first year after delivery of their child."
	Mayo Clinic family medicine specialist Dr. Summer Allen says that postpartum depression is different than the baby blues, which typically lasts about two weeks.
	"Postpartum depression, or maternal mental health as it's being referred to now is normal, and happens to a lot of women and can have a varying degree of severity."
	Help and support are key to coping. Get as much rest as you can, accept help from family and friends, connect with other new moms, carve out time for yourself and avoid alcohol.
	Talk to your health care team if you have any symptoms, because treatment can help.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.