Postpartum Depression in Illinois

What is Postpartum Depression?
- A mood disorder in women after childbirth
- Symptoms include feelings of extreme sadness, anxiety, and exhaustion that may make it difficult to complete daily activities
- The feelings are more intense and last longer than those of “baby blues,” a term used to describe worry, sadness, and tiredness many women experience after the birth of a baby
- It does not have a single cause, but results from a combination of physical and emotional factors

Why is it important?
- Without treatment, postpartum depression can last up to months or years
- There are long term consequences for mother’s and baby’s health
- It may interfere with the mother’s ability to connect with and care for her baby
- It may cause the baby to have problems with sleeping, eating, and behavior
- There are effective treatment options, including counseling and medication

In Illinois, 1 in 5 new moms experience postpartum depression

That’s 30,000 women each year

Enough to fill almost 100 commercial airplanes!

Women in Illinois are more likely to experience postpartum depression if they:
- Live in a Rural Area
- Are under 20 years old
- Do not have a high school degree
- Had a low birth weight infant
- Experienced domestic abuse
- Are low income
- Smoked before pregnancy

Risks are greater if you have more than one factor. For example, women who are younger than 20 and live in rural areas have the highest rates (about 2 in 5)

Questions?
Contact the Illinois Department of Public Health
Office of Women’s Health & Family Services
DPH.MCH@illinois.gov
Many women are afraid to admit they have symptoms or to seek any help because of shame.

Only 3 in 5 women with postpartum depression are diagnosed and only 1 in 5 receive treatment.

Stressful events, relationship problems, little social support, poverty, and lack of education can intensify symptoms.

Know the Signs
- Depressed mood or mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Eating less or more than usual
- Inability to sleep or sleeping too much
- Fatigue or loss of energy
- Less interest and pleasure in activities
- Intense irritability and anger
- Severe anxiety and panic attacks
- Feelings of worthlessness
- Reduced ability to think clearly
- Thoughts of harming yourself or baby

Seek Help
If you or someone you know shows signs, call:

Postpartum Depression Alliance of Illinois:
1-847-205-4455

North Shore University Health System 24/7 hotline:
1-866-364-6667

Illinois DocAssist
1-866-986-2778

National Alliance for the Mentally Ill
1-800-950-6264

For more information, please visit:

Data Sources and Methodology
Illinois Pregnancy Risk Assessment Monitoring Survey (PRAMS), 2012-2013

PRAMS is a mail and phone survey of new moms that is completed three-four months after the birth of their baby. PRAMS is weighted to be representative of all Illinois new mothers. Women reported how often they felt sad/hopeless, whether they had been diagnosed with depression, and whether they were receiving any treatment for depression.

Learn more at: http://www.dph.illinois.gov/data-statistics/prams

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