

Treatment often consists of talk therapy

Postpartum depression is typically treated with talk therapy, antidepressants, or a combination of the two. With appropriate treatment, postpartum depression usually subsides within six months. It's important to continue treatment after you begin to feel better.

what I had was actually real—

Selective Serotonin Reuptake Inhibitor (SSRI)
Antidepressant, Anxiolytic, and Antipsychotic

You have what it takes

Consult a doctor for medical advice.

Sources: Postpartum Support International and other

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ABOUT SYMPTOMS TREATMENTS

Having PPD is not your fault. Take your first steps or help someone else by reaching out and asking for help

Brain stimulation therapies