



**AWFH** is a non-profit organization dedicated to advancing Asian women's health and well-being through community engagement, education, and representation.



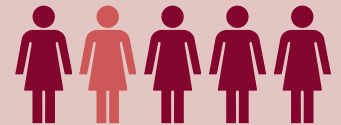
# What is Postpartum Depression?



Postpartum depression is a mood disorder that affects women after child birth and is often a large unspoken issue in the AAPI community. Through this resource guide, we hope that we can help mothers gain access to the resources they need and shine light upon postpartum mental health.

**1 in 5 women**

experience postpartum mental health conditions



## Four Types of PP Mental Health

- 1 Baby Blues**  
Up to 80%
- Mood Swings
  - Decreased Appetite
  - Insomnia
  - Feeling sad, anxious, and overwhelmed

- 2 Depression**  
15% diagnosed
- Feelings of guilt
  - Profound feelings of failure as a mother
  - Loss of interest in activities
  - Difficulties bonding w/ baby

- 3 Anxiety**  
11-21%
- Excessive worrying
  - Nausea, feeling short of breath
  - Inability to relax
  - Constantly on edge/fearful
  - Having irrational fears

- 4 Psychosis**  
1-2 out of 100
- Initial restlessness, irritability, or insomnia
  - Severe mood shifts
  - Hallucinations or delusions
  - Confusion or disoriented behavior

## Ways to navigate PP Mental Health



### Counseling

Locate mental health professionals near you or online to get the care you need.



### Nourishment

Eat healthy foods, nourish your body, while maintaining active every day. Nourish your mind by doing activities you love.



### Partner Support

Partner support is crucial to a mother's wellbeing. Providing support to mothers can alleviate stress and anxiety.



### Ask for Help

Asking for help and advocate for yourself is ok! Join support groups to share experiences and feelings.

## Resources and Support

Anise Health - Culturally-Responsive Online Mental Health Care  
[anisehealth.co](http://anisehealth.co)

National Maternal Mental Health Hotline  
1-833-TLC-MAMA  
(1-833-852-6262)

Watch our workshop recording here!  
[awfh.org/Postpartumdepression](http://awfh.org/Postpartumdepression)