



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Sonoran Center for
Excellence in Disabilities

POSTPARTUM DEPRESSION

Postpartum depression is a mood disorder that can happen after childbirth.



Common Symptoms

- Severe mood swings
- Depression
- Intense irritability
- Panic attacks
- Difficulty bonding with baby
- Fear of not being a good mother
- Thoughts of hurting baby & self

Treatment

- Therapy
- Medication
- Support Groups

Helping others

- Know the signs & symptoms
- Check in on new parents
- Offer support

Disability Specific Challenges

- Difficulty expressing emotional distress leads to underdiagnosis.
- Sensory overload or function challenges when adjusting to newborns needs.
- May experience difficulty accessing resources due to hearing or vision barriers.

For more resources on pregnancy and/or parenting, visit our website:

bit.ly/ppdisability



Resources

Maternal Mental Health Hotline: 1-833-9 HELP4MOMS (1-833-943-5746)

Postpartum Support International Warmline: 1-800-944-4773

4th Trimester Arizona: 4thtrimesteraz.org

Arizona Chapter Postpartum Support International (PSI): psiarizona.org