



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

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DEPRESIÓN POSPARTO

Depresión Posparto es un trastorno del estado de ánimo que puede ocurrir después del parto.



Síntomas Comunes

- Cambios de humor severos
- Depresión
- Irritabilidad intensa
- Ataques de pánico
- Dificultad creando un vínculo con su bebé
- Miedo a no ser una buena madre
- Pensamientos de lastimarse a sí misma o a su bebé

Tratamiento

- Terapia
- Medicación
- Grupos de apoyo

Ayude a Otros

- Conozca las señales y síntomas
- Revisar el bienestar de padres nuevos
- Ofrecer apoyo

Desafíos específicos de la discapacidad

- La dificultad para expresar el malestar emocional lleva a un infradiagnóstico
- Sobrecarga sensorial o dificultades funcionales al adaptarse a las necesidades de los recién nacidos.
- Pueden tener dificultades para acceder a recursos debido a barreras auditivas o visuales.

Para acceder más recursos de embarazo y/o crianza de los hijos, visita nuestro sitio web

bit.ly/ppdisability



Recursos

La Línea Nacional de Salud Mental Materna 1-833-TLC-MAMA (1-833-852-6262)

Apoyo de Posparto Internacional (PSI) 1-971-203-7773

Cuarto Trimestre Arizona: <https://4thtrimesteraz.org/>

Sección Arizona: Apoyo de Postparto Internacional (PSI): <https://psiarizona.org/>