

# Perinatal Mental Health Conditions Comparison

## BABY BLUES

**Impact:** Approximately 70-80% of new birthing parents experience negative feelings or mood swings following the birth of their baby

**Symptoms:** Mood swings, anxiety, sadness, irritability, crying, trouble sleeping, decreased concentration

**Duration:** Symptoms can last from a few days up to two or three weeks

If symptoms persist beyond two to three weeks, it can be time to seek help

## POSTPARTUM DEPRESSION

**Impact:** Approximately 15% of birthing parents experience significant depression following childbirth

Most common perinatal mood and anxiety disorder (PMAD)  
Can present *AT ANY TIME* during the first year after birth

**Symptoms:** Similar symptoms to baby blues, but more intense and longer-lasting

Feelings of postpartum rage, anger, or irritability; Lack of interest in the baby; Appetite and sleep disturbance; Crying and sadness; Feelings of guilt, shame, or helplessness; Loss of interest, joy, or pleasure in things you used to enjoy; Possible thoughts of harming yourself or baby

**Treatment:** Professional help.

## POSTPARTUM ANXIETY

**Impact:** Approximately 10% of postpartum birthing parents develop anxiety

**Symptoms:** Similar symptoms to baby blues, but more intense and longer-lasting

Constant worry; Feeling that something bad is going to happen; Racing, intrusive, non-constructive thoughts; Physical symptoms like dizziness, hot flashes, racing heart, and nausea; Irritability and anger; Postpartum rage; Appetite and sleep disturbance/insomnia; Inability to sit still; Overwhelmed by noise; Trouble making decisions

**Treatment:** Professional help.

## POSTPARTUM RAGE

**Impact:** Unknown; often underreported  
Not an official stand-alone diagnosis  
Screening tools do not ask about anger or rage  
Could be a warning sign of PPD or PPA

**Signs:** Can include, but not limited to -

Struggling to control temper; Increased screaming or swearing; Punching or throwing things; Violent thoughts or urges; Difficulty calming down; Irritability or frustration over things that never bothered you; Overwhelming anger; Rage is often followed by intense shame

**Treatment:** Anger is a sign you need support. Treatable with professional help.