

# Differentiating Baby Blues From Postpartum Depression

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|                             | Baby Blues                                     | Postpartum Depression   |
|-----------------------------|--|---|
| What is it?                 | Temporary distressed feelings after childbirth | A depressive episode that begins during pregnancy or after childbirth           |
| When does it start?         | A few days after childbirth                    | Often later in pregnancy or within a couple of months postpartum                |
| Are there any risk factors? | None   | Past postpartum depression, history of depression, difficult pregnancy or birth |
| How long does it last?      | A few days to 2 weeks                          | When untreated, a few weeks to months or a year or longer                       |
| How often does it occur?    | 4 out of 5 new moms experience this            | 1 out of 7 new moms experience this   |
| Should I seek treatment?    | No, unless it does not resolve within 2 weeks  | Yes   |

# Resources

## Professional Help

- Speak with your obstetric provider or primary care provider
- Ask your providers about regular and routine screening

## Therapy

- Pregnancy and Postpartum Health Alliance of Texas: 1-512-920-3737
  - Needs-based vouchers available
- Postpartum Support: 1-800-944-4733
- Perinatal Psychiatry
  - Women's Reproductive Mental Health of Texas: 1-833-882-2737
  - Pregnancy and Postpartum Health Alliance of Texas: 1-512-920-3737
  - Postpartum Support: 1-800-944-4733