

6 tips for navigating postpartum depression

Postpartum depression (PPD) can be challenging — but understanding the condition can make a difference in your or a loved one's recovery.

Recognize the signs

PPD is more than just the “baby blues.” It’s a serious mental health condition that can significantly impact a new parent’s health and safety, making it difficult to care for a new baby. **Here are some signs that may indicate that you or a loved one needs support:**

Know when to seek immediate help.

If you or your loved one expresses thoughts of self-harm or harming the baby, seek emergency assistance immediately by calling 911 or visiting the nearest emergency room.



- Disinterest in things you used to enjoy
- Significant changes in eating patterns
- Persistent sadness, anxiety, or sense of dread about parenting
- Intrusive thoughts and feelings of guilt or worthlessness
- Rapid mood swings and frequent, prolonged crying
- Difficulty sleeping (too much or too little), even when the baby sleeps
- Trouble concentrating, remembering, or making decisions
- Fear of being left alone with their baby
- Withdrawal from loved ones, preferring isolation
- Thoughts of self-harm or harming the baby*

*If you or your loved one is experiencing suicidal thoughts or thoughts about harming a baby or others, please call 911, contact a local crisis line, or head to the emergency room immediately. This will ensure that you receive support right away.

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Get Started



Tips for helping someone experiencing postpartum depression

1 Offer emotional support
Provide a safe space for them to express their feelings without offering unsolicited advice. Remind them that PPD is not a personal failing.

2 Assist with daily tasks
Offer help with cleaning, cooking, or grocery shopping to reduce their stress. Offer to watch the baby to give them time to rest or engage in self-care.

3 Encourage professional treatment
Support their participation in therapy or support groups. If prescribed, encourage them to keep up with medication regimens.

4 Promote self-care and well-being
Encourage a balanced diet and invite them to go on walks or engage in light exercise.

5 Build a supportive community
Coordinate with other family and friends to provide a network of support.

6 Be patient and understanding
Focus on offering reassurance vs. solutions. Understand that recovery from PPD takes time and varies from person to person.



No one has to navigate PPD alone

During the postpartum period, it’s not uncommon for new parents to face mental health challenges. If you, your partner, or loved one is experiencing postpartum depression, support is available.

Find care with Rula

At Rula, we’re here to make it easier for busy parents to find the therapist they need to manage their symptoms during this important time. In minutes, we can connect you with a provider who specializes in treating postpartum depression.

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