

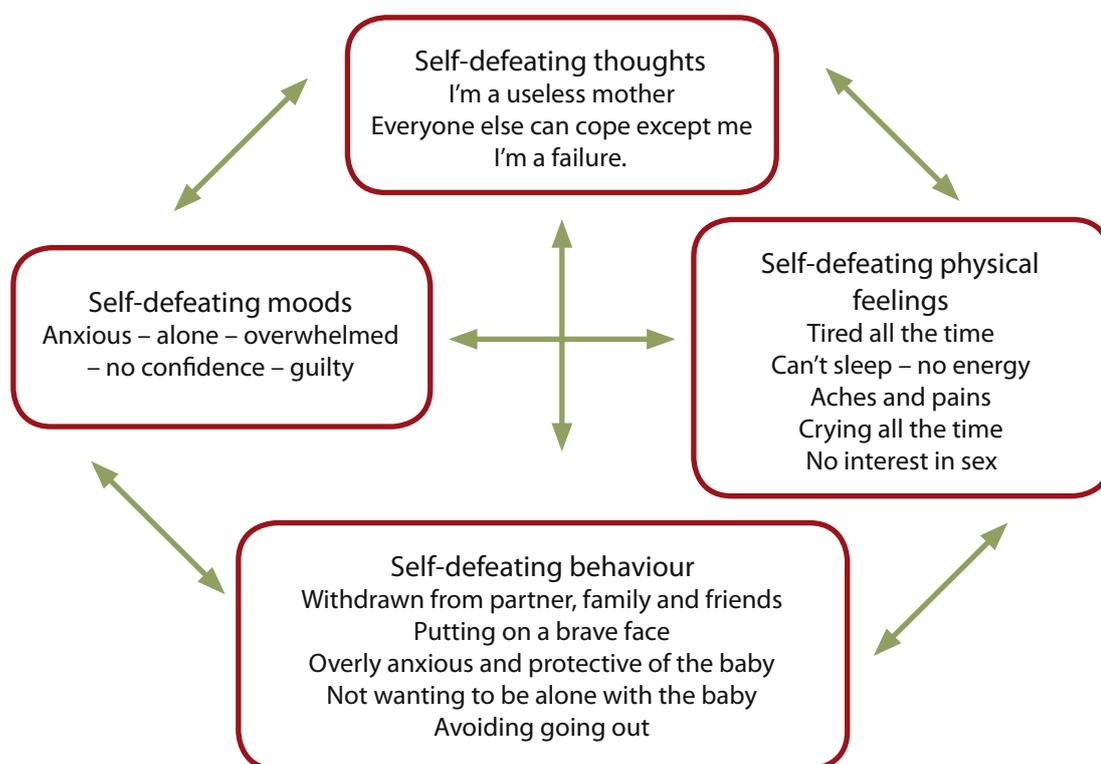
# Depression – During and After Pregnancy

Pregnancy and the first year after giving birth are a time of great change, both mentally and physically.

I feel happy and sad at the same time – is this normal?

Yes, completely. You may feel excited about the baby, but worried that you won't be able to cope with the responsibility of parenthood. However, some women find that sadness develops into depression.

The diagram shows how depression can develop into a vicious cycle, which keeps it going and can even make it worse.



Is it my fault I'm depressed?

NO. You are not to blame for being depressed. It is an illness that can be treated, so talk to your guide or go and see your doctor.

Won't depression just get better by itself?

It can sometimes get better over time but don't wait too long to get help, and if you are afraid you might harm yourself or your baby, you should talk to your guide, doctor, midwife or health visitor as soon as possible.