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Canadian
Primary Care
Information
Network

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Réseau canadien
d'information pour
les cliniques de
première ligne

Postpartum depression

Having a baby can bring many emotions, such as joy, excitement, love, and sometimes sadness or worry. In the first few days after birth, many new parents feel tired, tearful, or easily overwhelmed. These short-term feelings are often called the "baby blues."

If feelings of sadness, anxiety, guilt, or emptiness last longer than two weeks, or if you find it hard to bond with your baby or enjoy daily life, you may be experiencing postpartum depression. This is not your fault, and it is not a sign of weakness. It happens because of changes in your body, sleep, hormones, and daily routine. With help, you can feel better.



What can help

- Talk openly with someone you trust (your partner, family, or a friend).
- Try to rest whenever you can and accept help with daily tasks.
- Spend time outdoors or do small activities that make you feel calm.
- Share how you feel with your healthcare team. They can help you find support such as therapy, peer groups, or, when needed, safe medication options.

When to get help right away

If your sadness or anxiety becomes intense, if you feel hopeless, or if you ever have thoughts of harming yourself or your baby, please reach out for help immediately. Go to your nearest emergency department, call 911, or contact a local crisis line. You are not alone, and support is available.



Learn more and find help:

- [Public Health Agency of Canada – Postpartum Health Guide](#)
- [Centre for Addiction and Mental Health – Postpartum Depression](#)