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 U.S. Department of Health & Human Services

**OASH** | Office on Women's Health

MENU

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# Postpartum depression

**Your body and mind go through many changes during and after pregnancy.** If you feel empty, emotionless, or sad all or most of the time for longer than 2 weeks during or after pregnancy, reach out for help. If you feel like you don't love or care for your baby, you might have postpartum depression. Treatment for depression, such as therapy or medicine, works and will help you and your baby be as healthy as possible in the future.

Expand All

What is postpartum depression?



How common is postpartum depression?



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