

# Postpartum Depression Illinois Alliance

Many women are not prepared for the wide range of feelings they may have after the birth of their baby. They often experience anxiety, worry or a sense of inadequacy. Every mother is different and may have different combinations of:

- Feelings of sadness, fear, anger and guilt
- Appetite & Sleep Disturbance
- Difficulty concentrating and making decisions
- Lack of interest in the baby
- Many worries and panic attacks
- Possible thoughts of harming the baby or oneself

These confusing emotions and experiences can be symptoms of postpartum mood disorders and there is help available.



For more information about  
PPD & resources in IL  
call 847 205-4455  
or visit [www.PPDIL.org](http://www.PPDIL.org)