

**One in nine women  
are estimated to  
experience postpartum  
depressive symptoms.**

**What is postpartum depression?**

Postpartum depression is a mood disorder that can affect women after childbirth. Some studies show it may begin even earlier, during pregnancy. Mothers with postpartum depression experience feelings of extreme sadness, anxiety, and exhaustion that may make it difficult for them to complete daily care activities for themselves or for others. The first six months after delivery may represent a high-risk time for depression.

**What causes postpartum depression?**

Postpartum depression does not have a single cause, but likely results from a combination of physical and emotional factors. Postpartum depression does not occur because of something a mother does or does not do.

After childbirth, the levels of hormones (estrogen and progesterone) in a woman's body quickly drop. This leads to chemical changes in her brain that may trigger mood swings. In addition, many mothers are unable to get the rest they need to fully recover from giving birth. Constant sleep deprivation can lead to physical discomfort and exhaustion, which can contribute to the symptoms of postpartum depression.



**Employee  
Assistance  
Unit**

The Employee Assistance Unit (EAU) was designed to assist members of the service that are experiencing personal problems. The early identification and resolution of these problems can minimize any negative impact on their career or home life.

Referrals are accepted from fellow members of the service, unions and fraternal organizations, family and friends.

Our unit is **NOT** a disciplinary arm of the department. Communication between EAU personnel and members of the service remains confidential, **EXCEPT** in cases of serious misconduct or suicidal behavior.

The unit's members are available 24/7 to answer calls and can respond to emergency cases if necessary.



**Employee Assistance Unit**

90 Church Street  
12th fl. Suite 1209  
New York, NY 10007  
(646) 610-6730

**Employee  
Assistance  
Unit**

**Postpartum  
Depression**



## **Some of the more common symptoms a woman may experience include:**

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Constant worry or feeling overly anxious
- Feeling moody, irritable, or restless
- Oversleeping, or being unable to sleep even when her baby is asleep
- Having trouble concentrating, remembering details, and making decisions
- Experiencing anger or rage
- Losing interest in activities that are usually enjoyable
- Suffering from physical aches and pains, including frequent headaches, stomach problems, and muscle pain
- Eating too little or too much
- Withdrawing from or avoiding friends and family
- Having trouble bonding or forming an emotional attachment with her baby
- Persistently doubting her ability to care for the baby
- Thinking about harming herself or her baby

## **Tips to help support the new mom:**

- Offer simple affection and physical comfort. Be patient if she is not up to being intimate. It's normal for her to experience a decline in intimacy due to depression. Rest, support and recovery will help her immensely.
- **Reassure her:** It's not her fault, she is not alone, and she will get better.
- **Be sensitive:** Help her out as much as possible and be patient with her needs.
- **Be supportive:** Help her reach out for support and treatment, and offer comfort.

Postpartum depression recovery should include healthy lifestyle choices. Take care of yourself by avoiding alcohol, maintaining a proper diet, staying hydrated and engaging in physical activities (walking, yoga, etc.). Treatments for PPD generally include therapy with a mental health professional. A psychiatrist or psychologist is recommended and may be used in conjunction with prescription medications such as anti-depressants.

**Support is available 24/7**

**Call Any Time  
(646) 610-6730**

## **Resources for fathers/partners:**

- According to studies from the National Institute of Health (NIH), postpartum depression in men, or paternal postpartum depression (PPD) affects anywhere from 4-25% of new fathers.
- If you believe you may be suffering from postpartum depression, contact EAU. In addition, the following resource can be useful:  
[www.postpartumdepression.org/  
support/husbands \(& Partners\)](http://www.postpartumdepression.org/support/husbands (& Partners))



## **Important Resource Numbers**

Pregnancy Medical Division  
(718) 760-7654

Health Insurance Section  
(646) 610-5122

Payroll & Benefits Section  
(646) 610-5122

Police Pension Fund  
(212) 693-5100

Family Medical Leave Act (FMLA)  
(718) 760-7662

Medical Extended Leave Desk (MELD)  
(646) 610-5513