

A joyous event – but where is the joy?



You've recently had a baby – congratulations! We hope that you and your baby are doing well.

Unfortunately, for about 15% of mothers and about 10% of fathers, this is not the case.

Do any of these symptoms sound familiar to you?

- Exhaustion
- Trouble concentrating
- Mood swings
- Sleep and appetite disturbances
- Listlessness and/or emptiness
- Bodily complaints (aches and pains)
- Aggression
- No feelings for your baby/feelings of rejection towards your baby
- Guilt
- Fear and panic attacks
- Suicidal thoughts

There is no reason to feel ashamed

You may have an illness that affects roughly 13'000 women and more than 10'000 men each year in Switzerland alone: Postpartum Depression (PPD), also known as postnatal depression (PND) in German-speaking Switzerland.

- PPD can affect anybody
- PPD can begin weeks or even months after childbirth
- PPD should be monitored and treated
- PPD can be cured

On the Postpartum Depression Society of Switzerland's website (currently only in German and French) you will find a short self-test and helpful information about the disease as well as an overview of support and treatment options.

We are grateful for donations that support our activities and projects:

PC: 60-606252-7

IBAN: CH82 0900 0000 6060 6252 7

Thank you
for
your support

