



Postpartum depression: A guide for front-line health and social service providers

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Abstract: Many women are not prepared for the range of physical and emotional changes they may experience after the birth of a child. These changes can leave new mothers sad, exhausted, afraid, anxious, or just not feeling themselves. For many women, these feelings go away quickly. But when they do not go away or get worse, a woman may have postpartum depression (PPD), a serious condition that often requires treatment from a health care provider.

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