

# POSTPARTUM BLUES VS POSTNATAL DEPRESSION

	Postpartum blues	Postnatal depression
Occurrence	as many as 8 out of 10 women	roughly 1 in every 10 women
Average duration	peak after 4 or 5 days	postnatal depression can persist for months if left untreated
Onset	within a day or two of giving birth	any time in the first year of childbirth
Treatment	Take time for yourself. Ask someone you trust to watch your baby.	Seeking professional help in the form of counselling, therapy, or speaking to your doctor or GP



# Post Imprebionists

**J Ma**



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